

PROTEIN + PORTION

Our bodies need protein to be healthy and strong, but a serving is probably smaller than you think. Here's what a healthy serving of some common protein foods looks like.

**NON-FRIED
FISH**
3.5 ounces



LEAN BEEF
3 ounces



**SKINLESS
CHICKEN**
3 ounces



**BEANS &
LEGUMES**
1/2 cup cooked



EGGS
1 egg or
2 egg whites



YOGURT
(low-fat or fat-free)
6 ounces



MILK
(low-fat or fat-free)
1 cup

