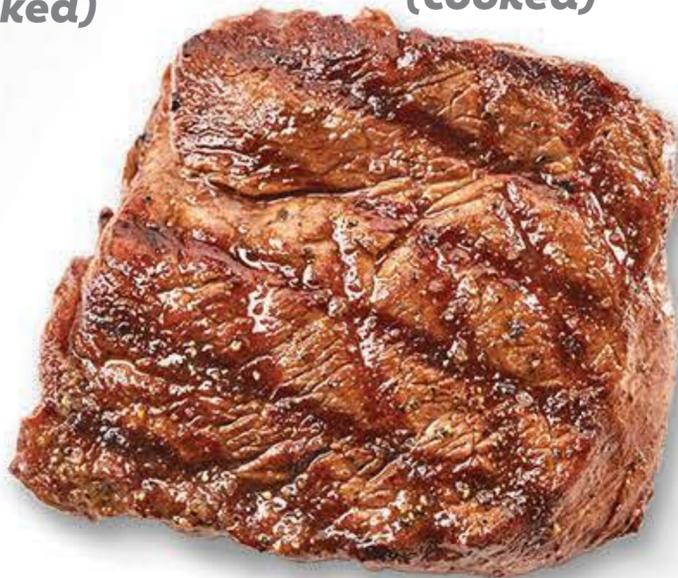


# PROTEIN / PORTION

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.



**FISH**  
3 ounces  
(cooked)



**LEAN BEEF**  
3 ounces  
(cooked)



**SKINLESS CHICKEN**  
3 ounces  
(cooked)



**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