



American Heart Association®

Healthy for Good™

4 protein mistakes to avoid

IGNORING PLANT PROTEIN

Plants have more of it than you think! That's not just nuts and beans, but rice, oatmeal and veggies like peas and broccoli.



BEING SCARED OF EGGS

Eggs can be included as part of a heart-healthy diet. Enjoy 1-2 eggs a day as a high-quality protein.



GETTING STUCK IN A RUT

Get protein from different sources to maximize nutrients, like omega-3s from seafood and choline from eggs.



RELYING ON BARS AND POWDERS

Protein is already in many foods. Plus, bars and powders are often more expensive than whole foods.



Learn more at
[HEART.ORG/HEALTHYFORGOOD.](https://www.heart.org/healthyforgood)