

HOW MUCH IS ONE SERVING OF PROTEIN?

Our bodies need protein to be healthy and strong, but one serving is probably smaller than you think.

Here's what a **HEALTHY SERVING** of some common protein-rich foods looks like.



NON-FRIED FISH
3.5 ounces



LEAN BEEF OR PORK
3 ounces



SKINLESS CHICKEN
3 ounces



BEANS & LEGUMES
1/2 cup cooked



EGGS
1 whole egg or
2 egg whites



**YOGURT
(LOW-FAT
OR FAT-FREE)**
6 ounces



MILK (1% OR FAT-FREE)
1 cup



American Heart Association.

Hard Hats with Heart™

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