Controlling Your Protein

Protein is important to aid in growth and maintenance of body tissue. Protein also plays a role in fighting infection, healing of wounds, and provides a source of energy to the body.

- You should make sure to eat 7-8 ounces of protein every day. Foods that are high in protein include beef, pork, veal, chicken, turkey, fish, seafood, and eggs.

- 1 egg is equal to 1 ounce of protein, and three ounces of protein is comparable to the size of a deck of cards.