




Choosing Healthy Proteins

PROTEIN RECOMMENDATIONS FROM DR. WEIL'S ANTI-INFLAMMATION DIET

- Protein requirements vary based on age, weight, sex, pregnancy status and amount of exercise. Certain disease states also influence protein needs.

 Calculate how much protein you need: calculator.net/protein-calculator

- Dietary protein should be derived mainly from plant foods (legumes and some grains), fish, wild game, eggs, natural cheese and yogurt (ideally from grass-fed animals), and nuts. Avoid or minimize the consumption of red and processed meats.
- Eat more vegetable protein, especially from beans in general and soybeans in particular, nuts and whole grains. Become familiar with the range of whole-soy foods available and find ones you like.

INSTEAD OF THIS ⇨	CHOOSE THIS ✓
Grain-Fed Beef	Grass-Fed Beef
Regular Farm Raised Chicken	Organic Chicken
Farmed Salmon	Wild Salmon
Tuna Fish, Fish Sticks, and Popcorn Shrimp	Anchovies
Egg Substitutes and/or Regular Eggs	Eggs From Organically Fed, Free-Range Chickens
Regular “Flavored” Yogurt	Organic, Plain, Greek Yogurt from Grass-Fed Animals
Highly Processed “Mock Meats”	Tempeh/Non-Gmo Tofu
Plain White Rice	Quinoa
Instant Oats	Whole or Steel Cut Oats
Peanut Butter	Almond Butter

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