

Eat Right For Life

PHASE 4: Select the Right Proteins

The right proteins are a powerful ally in your pursuit of optimal wellness and vitality. When it comes to dietary protein and Eating Right For Life, there are two primary rules you need to follow. First, you need to select the right form of protein. Second, you should always include some form of healthy protein at each meal. Keep in mind, just like fats and carbs, some proteins are better for you than others! Once you master determining which ones offer the biggest boost to your health, you will be on your way to Eating Right For Life!

SURVEY

Simply check (✓) “Yes” or “No” in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat red meat less than 2 times per week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you choose low-fat dairy products instead of full-fat dairy products like whole milk, ice cream and full-fat cheese? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat fish twice a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you select vegetable protein sources like nuts, seeds, legumes and soy foods over animal protein sources frequently? |
| <input type="checkbox"/> | <input type="checkbox"/> | How confident are you in your ability to select the right proteins? |

Selecting the right form of protein and eating some form of protein at each meal are the two keys to healthy protein habits. Reflect on your answers to the survey questions to assess whether or not your protein selections are stellar. If you answered yes to most of the questions, good job! Consider the intermediate or advanced goal for this portion of the Eat Right For Life challenge.

GOALS

Simply check (✓) your goal

- Beginner:** Eat low-fat dairy products in place of full-fat dairy products.
- Intermediate:** Eat two servings of fish each week.
- Advanced:** Substitute a vegetable source of protein for an animal source twice each week.

TRACKING

Simply check (✓) each day you met your goal

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE: _____						