



Amidst the COVID-19 outbreak, everyday life in the United States has changed. Our lives will continue to be impacted, often with little notice. Many have noticed the store shelves are bare, with little to no meat available for purchase. There are foods that provide protein just like meat. These alternatives can be inexpensive and easy to prepare.

Beans

Beans are an inexpensive protein with a high shelf life. Beans are also high in fiber and high in iron. Beans can often substitute meat in dishes such as tacos or soups.

Nuts

Nuts are packed with protein and are good sources of mono- and poly-unsaturated fats.

Eggs

Eggs are practical and are more than a breakfast food. Eggs are a good source of Vitamin D and Vitamin B12. Make a frittata or a quiche that can be consumed for lunch or dinner.

Other sources of protein include: Dairy foods (milk, cheese, yogurt), whole grains and whole cereal (quinoa, brown rice, whole-wheat bread)

Recipes and tips!

<https://ncefnep.org/participants/tips/>
 Put your knowledge to use! Find other protein meals and tips on our blog! Click on Search box and type: "Break the Fast with a Frittata" and "Ways to Add Beans to Your Diet"

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