

# PROTEIN

## Why red meat is a good source

- It contains more protein per serving versus other food types. For example:



150g beef  
33g protein



170g tofu = 15g protein



2 eggs = 12g protein



Studies show that protein can make you feel fuller making it a great choice for people:



Watching their  
consumption



With small appetites but  
high nutrient needs  
e.g. children or the elderly

**Health  
Benefits**



**Builds and  
maintains muscles**



**Supports healthy bone  
development**