

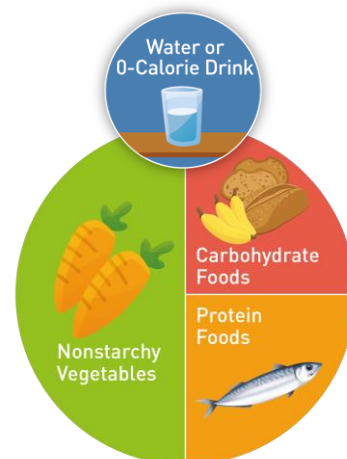
# The Power of Protein for People with Diabetes



- Protein is an essential nutrient with many benefits for the body.
- Protein can help manage hunger and blood glucose response to a meal.
- It is important to know which foods are nutrient-rich protein sources and how to fit them into your meal plan.

## Get Protein Throughout Your Day

- At every meal and snack, have at least one nutrient-rich protein food.
- Don't forget about breakfast! This meal is often low in protein, so it's a good place to start for improving your protein intake.
- Use the Diabetes Plate Method to help estimate portion sizes. Aim to fill one quarter of your plate with lean protein foods.



Want more info? Head to [BOOST.com](https://www.boost.com) and click on [Find Your Protein Number](#) to take a short quiz to estimate your daily protein needs.

## Choose Nutrient-Rich Protein Sources

Check out the following tables for some inspiration on different ways to include protein at your next meal or snack. Remember, it's not just about choosing foods with the *most* protein, it's about including a **variety** of nutrient-rich protein sources to gain more vitamins, minerals, and other nutrients.



### Plant-Based Proteins

- These foods are rich in fiber, vitamins, minerals, and healthy fats.
- They also have carbohydrate, so be sure to check the nutrition label for the amount.

Food	Serving Size	Protein (g)
<b>GRAIN, NUTS, SEEDS</b>		
Quinoa, cooked	1 cup	8 g
Peanut or Almond Butter	2 Tbsp	7 g
Almonds	¼ cup	7 g
Pistachios, shelled	¼ cup	6 g
Sunflower seed kernels, dry roasted	¼ cup	6 g
Cashews	¼ cup	5 g
<b>BEANS, PEAS, LEGUMES</b>		
Black beans, canned	1 cup	14 g
Chickpeas, canned	1 cup	12 g
Tofu, firm	½ cup	10 g
Lentils, cooked	½ cup	9 g



## Dairy Foods

- These foods are good sources of protein, plus they provide important nutrients like calcium and vitamin D.
- The best choices are non-fat, reduced-fat, and unsweetened.

Food	Serving Size	Protein (g)
Cottage cheese, low-fat, 1% milk	½ cup	14 g
Greek yogurt, plain, non-fat	5.3 oz	14 g
Yogurt, plain, low-fat	6 oz	9 g
Milk, non-fat, skim	8 fl oz	8 g
Cheese, low-fat cheddar, Colby-Jack, part-skim mozzarella	1 oz	7 g



## Meat, Poultry, Fish & Eggs

- These foods are high in protein and low in carbohydrates.
- Choose lean cuts, like tenderloin or poultry without the skin.
- Limit processed meats, like bacon, lunch meat, or hot dogs.
- Aim for 2 servings of fish each week for heart-healthy omega-3 fatty acids.

Food	Serving Size	Protein (g)
Chicken breast, boneless, grilled	3 oz	26 g
Pork tenderloin, boneless, baked	3 oz	23 g
Beef, chuck, fat trimmed, roasted	3 oz	22 g
Shrimp, cooked	3 oz	20 g
Salmon or light tuna, packed in water	3 oz	17 g
Eggs	1 large	6 g



## Nutritional Drinks

- These convenient drinks have protein with essential vitamins and minerals.
- Look for options designed for people with diabetes.

Food	Serving Size	Protein (g)
BOOST Glucose Control® MAX 30g Protein Drink	11 fl oz	30 g
BOOST Glucose Control® Nutritional Drink	8 fl oz	16 g



## Ideas for Adding Protein to Your Meals

### BREAKFAST

- Eggs, Greek yogurt, or nut butters are great protein-rich options to include at breakfast!
- Make your oatmeal with milk and mix in walnuts or chia seeds for protein and healthy fats.
- Try a high-protein nutritional drink as a mini-meal on-the-go.

### LUNCH & DINNER

- Top a salad with protein-rich chickpeas, beans, or nuts.
- Try quinoa or lentils as an alternative to rice.
- Try canned tuna or salmon (in water) for an easy way to get protein and healthy fats.

### SNACKS

- Snack on a hard-boiled egg or low-fat string cheese for easy portion control.
- Try hummus with raw veggies.
- Pair fruit with protein:
  - Spread a tablespoon of nut butter on apple or banana slices.
  - Add fresh berries to low-fat yogurt for a tasty snack or even dessert.



Work with a Registered Dietitian to learn the BEST ways to meet your protein goals each day.

**References:** 1. Beaudry KM and Devries MC. Front Nutr. 2019; 6:138. 2. Dong JY et al. Br J Nutr 2013;110:781-789. 3. American Diabetes Association – Protein. <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/protein> 4. Mechanick JI et al. Nutrients. 2020;12:3616. 5. American Diabetes Association. Standards of Medical Care in Diabetes – 2022. 2022;45(S1). 6. American Diabetes Association. Diabetes Food Hub. <https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html>. 7. USDA. 2020. What We Eat in America, NHANES 2017–2018. 9. USDA, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov)

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