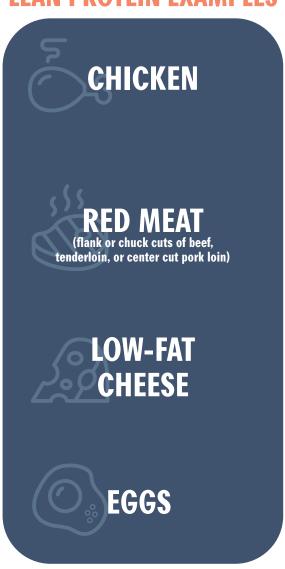


## DIABETES AND DIET: PROTEIN

## WHAT IS PROTEIN?

Protein builds cells and muscles in our bodies. Protein can affect blood sugar if eaten in excessive amounts. Choose lean or plant-based protein most often and keep it to 1/4 of your plate at meal times.

## **LEAN PROTEIN EXAMPLES**



## **PLANT PROTEIN EXAMPLES**

