### PROTEIN

- **20-30 Grams Each Meal**
- **10-15 Grams Each Snack**

Focus on high-quality proteins:

- **20-25 Grams**
  - Cooked Chicken (size of a deck of cards)
  - Lean meat or fish
  - 8 Grams: 1 cup low-fat mild or yogurt
  - 6-7 Grams: 1 Egg, 1 Tbsp Peanut Butter, 1 oz. cheese

**Vegetarians can get quality protein from soy-based foods.**

### FIBER

- **25 Grams/Day for Women**
- **38 Grams/Day for Men**

Can help prevent constipation and has a natural laxative effect:

- Lean meat
- Poultry
- Seafood
- Milk
- Whole Grain
- Beans
- Nuts

### VEGETABLES

- **2 1/2 Cups a Day**

### FRUIT

- **2 Cups a Day**

### ZINC

Helps the immune system work properly and may help wounds heal:

- Lean meat
- Poultry
- Seafood
- Milk
- Whole Grain
- Beans
- Nuts

Helps to make collagen and is needed for repairing tendons, ligaments, and surgical wounds:

- Prunes or Prune Juice (along with plenty of water)
- Beans
- Fruit
- Whole Grains, Peas (fresh and dried)
- Vegetables
- Nuts
- Seeds

### DRINK

- **8-10 Cups of Water Daily**

### VITAMIN D AND CALCIUM

Nutrients associated with healthy bones:

- Low-fat dairy foods