

Lean Protein

Lean protein is a type of protein that is rich in protein and limited in less healthy nutrients, such as a saturated fat and dietary cholesterol. Some sources of lean protein also contain beneficial plant chemicals, vitamins, minerals and dietary fiber. Most adults should eat between 5 and 6 ½ ounces of protein daily, which depends on an adult's age, gender, and level of physical activity. To learn more about serving sizes, visit www.choosemyplate.com.

Examples of foods that are considered to be lean protein are poultry, fish, low fat milk and yogurt, egg whites, beans and lentils, peas, edamame, tofu, mushrooms, nuts and nut butters, and certain seeds.

There are numerous benefits associated with lean protein. Lean protein is associated with aiding in building muscle, losing weight, lowering your risk of cardiovascular (heart) disease, supporting your immune system, increasing your metabolism, helping to build and repair muscles, lowering blood pressure, and reducing cravings and snacking.



The Importance of Sleep

Did you know that adults should be getting around 7-9 hours of sleep a night? Did you also know that it is estimated that around 35% of all adults in the United States do not get enough sleep- are you one of them? Insufficient sleep can cause numerous health issues such as high blood pressure, diabetes, heart attacks, heart failure, and/or stroke. Other health issues related to insufficient sleep can be obesity, depression and reduced immune system function. Adequate sleep can help improve your mood, protect your heart, regulate your blood sugar, improve mental function, restore your immune system, manage your stress more effectively, improve your athletic performance and maintain a healthy weight.

There are many things that you can do to promote good quality, healthy sleep. Some steps that you can take is keeping a consistent sleep schedule- go to sleep and wake up at the same time throughout the week, try not to eat a large meal before going to bed, avoid consuming caffeine and alcohol before bed, and try to turn off electronic devices at least 30 minutes before bedtime.

