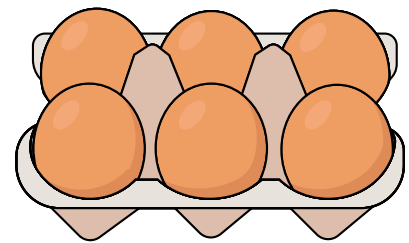




# PROTEIN SELECTION TIPS FROM THE CRST DIABETES PROGRAM:



- Eggs are an excellent source of protein
- Follow recommended portion sizes for meats
  - 3 oz is about the size of a deck of cards
- Trim fat from meat
- Choose chicken or turkey breast - avoid eating the skin
- If cooking hamburger, rinse under hot water to remove fat
- Talk with a dietician to plan a healthy diet and manage your diabetes

MISSOURI BREAKS

