Our bodies need protein to be healthy and strong, but a serving is probably smaller than you think. Here’s what a healthy serving of some common protein foods looks like.

- **FISH**
  - 3 ounces (cooked)

- **LEAN BEEF**
  - 3 ounces (cooked)

- **SKINLESS CHICKEN**
  - 3 ounces (cooked)

- **BEANS & LEGUMES**
  - 1/2 cup (cooked)

- **EGGS**
  - 1 egg or 2 egg whites

- **YOGURT**
  - (low-fat or fat-free)
  - 6 ounces

- **MILK**
  - (low-fat or fat-free)
  - 1 cup

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