



# Easy Ways to Add Protein To Your Diet



## 1. Incorporate Protein Rich Seeds!

-Add flax or chia seeds to your favorite oatmeal or smoothie!

## 2. Replace Cereal With Eggs

-Eggs typically have higher protein than most cereals



## 3. Eat more wholegrains

-Wholegrains include the entire kernel so they include more protein than refined grains

## 4. Switch to Greek Yogurt

-Just one cup of Greek yogurt has about 20 grams of protein

