




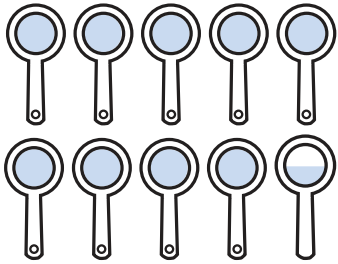

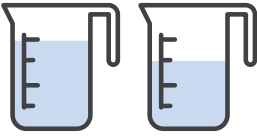

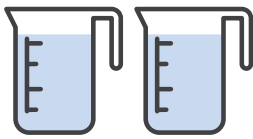


Seeking Protein?

Here's what 35 g of protein looks like

	AMOUNT	CALORIES
 <p>Beef (cooked)</p>	 <p>100 grams = 1 serving* (the size of your palm)</p>	250
 <p>Almonds</p>	 <p>over 1 cup (3.3 servings); 1/3 cup (50 grams) = 1 serving*</p>	960
 <p>Peanut butter</p>	 <p>over 9 tbsp (9.4 servings); 1 tbsp = 1 serving*</p>	860
 <p>Hummus</p>	 <p>1 3/4 cups (14.2 servings); 2 tbsp = 1 serving*</p>	740
 <p>Black beans (cooked/canned)</p>	 <p>over 2 cups (4.3 servings); 1/2 cup = 1 serving*</p>	520



Source: Health Canada, Canadian Nutrient File, 2015, Beef 6172, Almonds 2534, Peanut Butter 6289, Hummus 4870, Black Beans 3377. Nutrient amounts rounded as per 2016 CFIA labelling rounding rules

*Table of Reference Amounts for Food: <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-reference-amounts-food/nutrition-labelling.html>