

# Navigating Options



What does approximately 20-25 grams of protein look like?

**4 oz.** chicken breast from **Homestyle Diner**. **1/2 cup** Greek yogurt with **2 tablespoons** chia seeds from **Bar Scene**. **2 slices** whole wheat bread, **1** peanut butter cup, **1 cup** soy milk or 1% milk. A wrap with **3 slices** of turkey and toppings of your choice. Or from the carving station at **Comfort**, **1 slice** of the protein option.



## Find ways to add protein into your meals:

Have a glass of **milk** with your meal, stir **peanut butter** or **sun butter** into your breakfast oatmeal and top with **chia seeds**, sprinkle **flaxseeds**, **cheese**, or **beans** onto your salad, or have a **hard-boiled egg** on the side of breakfast cereal.



**everyday**

Utilize your resources!

**Everyday** app will tell you exactly how much protein is in a specific menu item per portion. Also, reach out to our dietitian, **Hannah Masse**, to calculate your own unique protein needs.

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