



American Heart Association®

# 4 protein mistakes to avoid

## IGNORING PLANT PROTEIN

Plants have more of it than you think! That's not just nuts and beans, but rice, oatmeal and veggies like peas and broccoli.

## BEING SCARED OF EGGS

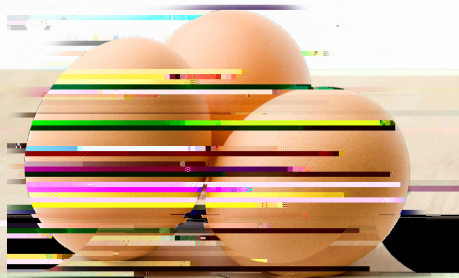
Eggs can be included as part of a heart-healthy diet. Enjoy 1-2 eggs a day as a high-quality protein.

## GETTING STUCK IN A RUT

Get protein from different sources to maximize nutrients, like omega-3s from seafood and choline from eggs.

## RELYING ON BARS AND POWDERS

Protein is already in many foods. Plus, bars and powders are often more expensive than whole foods.



EGG  
NUTRITION  
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