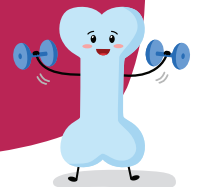


5 FRUITS THAT Pack A Protein Punch



AT THE GYM OR ON YOUR PHONE, YOU'RE HEARING ABOUT POWDERS, BARS, AND MORE TO AMP UP YOUR PROTEIN INTAKE. But you can get a boost from natural foods that are probably already in your fridge. While fruit isn't known for protein, some varieties offer more than you might expect.

Protein helps build muscle and bones. Protein needs vary from person to person. Ask your provider for a goal. Some adults may not be getting enough..



Adding fruit is a great way to give your totals a boost.

These quick options are simple to mix into meals and pair well with other foods that help keep you full. Here are five easy combos to start with:

1

Avocado.

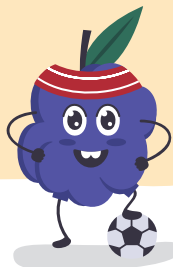
Try it on whole-grain toast, with eggs, or stir into tuna salad.



2

Blackberries.

Enjoy plain, in a fruit salad, or mixed into cereal.



3

Guava.

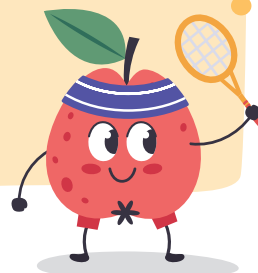
Add to your sandwich; it complements meat and cheese well.



4

Pomegranate.

Sprinkle into your salads or yogurt.



5

Dried apricots.

Snack on the go or toss into trail mix or oatmeal.



With naturally nutrient-rich fruits to help, you can level up meals and snacks, and power up your protein intake, too!