Our bodies need protein to be healthy and strong, but a serving is probably smaller than you think. Here's what a healthy serving of some common protein foods looks like.

**Non-Fried Fish**
- 3.5 ounces

**Lean Beef**
- 3 ounces

**Skinless Chicken**
- 3 ounces

**Beans & Legumes**
- 1/2 cup cooked

**Eggs**
- 1 egg or 2 egg whites

**Yogurt**
- 6 ounces

**Milk**
- (low-fat or fat-free)
- 1 cup

Learn more at Heart.org/HealthyForGood