

## Never miss out on these best sources of protein in your diet!

Protein is crucial for building and repairing tissues, supporting immune function and maintaining overall health. Some of the <u>best sources of protein</u> are lean meats like chicken and turkey, fish like salmon and tuna, eggs and plant-based sources like beans, lentils, tofu and nuts. To know more about these protein sources, follow DocTube<sup>TM</sup>.