

# Fast Facts - Collagen

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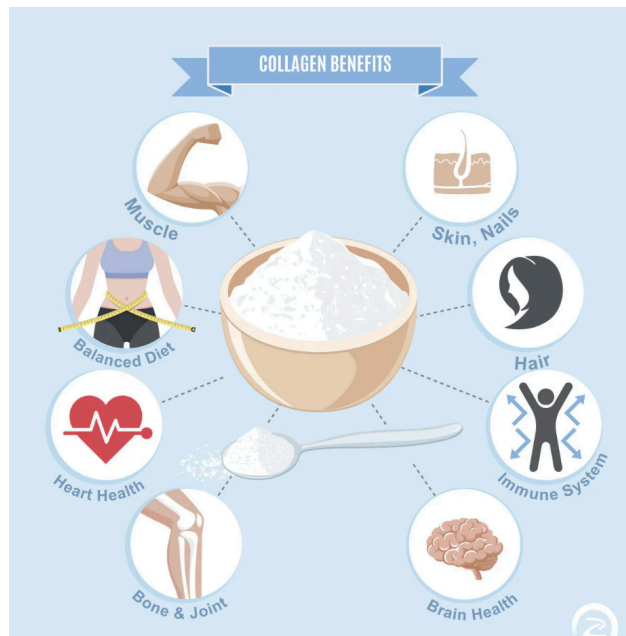


## What is Collagen?

A protein that is abundant in your body, making up about one-third of its total protein content.

## Why is Collagen Important?

1. **Skin Health**
  - a. Reduces Wrinkles
  - b. Improves Skin Elasticity
2. **Joint Health**
  - a. Reduces Joint Pain
  - b. Prevents Osteoarthritis
3. **Bone Health**
  - a. Maintains Bone Density
  - b. Reduces Bone Loss
4. **Muscle Health**
  - a. Increases Muscle Mass
  - b. Improves Muscle Recovery



## Sources of Collagen

To boost your collagen levels, consider incorporating the following sources into your diet:

- Bone Broth
- Collagen Supplements
- Protein-Rich Foods:
- Vitamin C-Rich Foods.

HIGH-PROTEIN FOOD LIST			
			
<b>SALMON</b> 20G PROTEIN - RAW	<b>CHICKEN BREAST</b> 23G PROTEIN - RAW	<b>TENDERLOIN STEAK</b> 20G PROTEIN - RAW	<b>TUNA STEAK</b> 22 G PROTEIN - RAW
			
<b>GREEK YOGURT</b> 10G PROTEIN	<b>COTTAGE CHEESE</b> 11G PROTEIN	<b>MOZZARELLA</b> 28G PROTEIN	<b>EGGS</b> 13G PROTEIN
			
<b>KIDNEY BEANS</b> 9G PROTEIN - BOILED	<b>GREEN PEAS</b> 5G PROTEIN - BOILED	<b>LENTILS</b> 9G PROTEIN - BOILED	<b>CHICKPEAS</b> 9G PROTEIN - BOILED

### How to Integrate Collagen into your Daily Routine

1. **Morning Smoothie:** Add collagen powder to your morning smoothie for a nutritious start to your day.
2. **Bone Broth Soup:** Enjoy a warm cup of bone broth as a snack or with meals.
3. **Healthy Snacks:** Look for collagen-enriched snacks
4. **Supplements:** Take collagen supplements as directed by your healthcare provider.

### Stay Strong, Stay Healthy with Collagen!

For more information or personalized advice, feel free to reach out to any of the Nova Nurses!