

# Autumn is the best season for exercise: Focus on chicken breast protein!



Fall is here and it's gotten easier to be physically active! You will increase your muscle mass if you combine exercise with protein intake. Chicken breast is an easy-to-eat, low-calorie source of protein.\*1

\*1: Consult your doctor if you have protein intake restrictions.



## Nutritional Content

● Protein, B vitamins, etc.

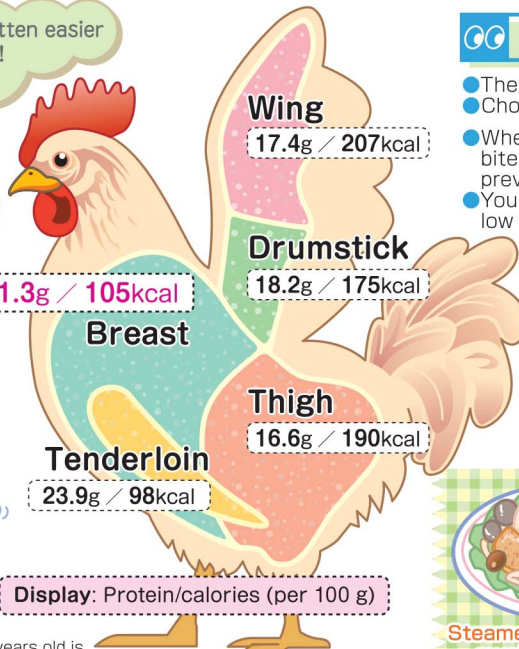
As it is impossible to store surplus proteins in the body, they are broken down and excreted into the urine. That's why it is best to consume it evenly over breakfast, lunch, and dinner.\*2



\*2: The recommended amount for people 18 to 64 years old is 65 g per day for men, and 50 g per day for women.

Reference websites: "olive-hitomawashi," General Link Inc. / "Food Composition Database," Ministry of Education, Culture, Sports, Science and Technology

Reference: Masahiro Kohzaki, "Protein / The Ultimate Guide to the Best Way to Consume It as Told by a Medical School Professor" (Bunbyosha, 2021)



## How to Choose and Store

- There should be no red liquid in the package.
- Choose meat with a transparent pink color.
- When freezing, it is convenient to cut into bite-sized pieces and seal tightly in order to prevent freezer burn.
- You should thaw it in the refrigerator at a low temperature, not at room temperature.



## Recommended Dishes

Although it tends to become dry and tough, try cooking it slowly over low heat after rubbing with sake, sprinkling on cornstarch, or thoroughly coating in seasonings!



Steamed chicken and mushroom salad



Honey mustard chicken

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website  
(English version)!

The website is available in English. Please be sure to read it.



Click "English"  
at the bottom of the homepage.  
<http://www.sonykenpo.or.jp/>

