

Make your Plate like MyPlate: Protein

Where do I get protein? Both animals (beef, pork, poultry, seafood, eggs) and plants (beans, peas, soy products, nuts, and seeds) have protein. Most of us eat plenty of protein each day, but we don't always get our protein from different sources

Why should I eat protein foods? Protein provides energy to your body avoiding feeling fatigued. Helps maintain healthy muscles, cartilages, hair, skin and nails. Including protein in your meals and snacks can help you stay full longer and makes your body naturally fight off illnesses keeping your immune system working properly

Use MyPlate as a guide for serving a healthy portion:

Children 2 to 8 years old should eat 2 to 4 ounce equivalents of protein foods each day.

People ages 9 to 18 years old should eat 5 to 6 ½ ounce equivalents of protein foods each day.

Adults ages 19 and older should eat 5 to 7 ounce equivalents of protein foods each day.

What counts as an ounce of protein foods?

- 1/4 cup of tuna or ground beef
- 1/2 small chicken leg or thigh
- 1 slice of sandwich size meat
- 1 oz. of cooked, diced meat
- 1 egg
- 1/2 cup cooked beans or peas
- 1/3 cup of nuts

FOOD SOURCES OF PROTEIN

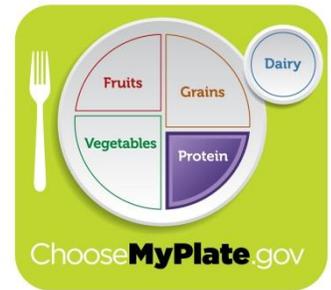


Follow these helpful tips for choosing and preparing Protein

- ✓ Choose lean meats. Round cuts and sirloin are the leanest
- ✓ Trim all visible fat off meats before cooking
- ✓ Remove the skin from poultry before cooking
- ✓ Prepare meals with seafood or fish at least twice a week
- ✓ Prepare more dishes using beans instead of meats
- ✓ Consider the overall nutrition, such as choosing low-fat options. Beans and peas are excellent choices because they offer fiber, vitamins, minerals, and are lower in fat
- ✓ Include nuts in your daily meals and snacks

Make your plate like MyPlate: **Protein**

Vary your protein sources with lean meats, beans, fish, and nuts!



BREAKFAST

- * Hardboiled egg
- * Add walnuts or sunflower seeds to your oatmeal
- * Peanut, almond or cashew butter over whole wheat toast



LUNCH

- * Tuna, turkey or chicken sandwich
- * Chicken or tuna salad
- * Bean-cheese quesadilla on whole wheat tortilla
- * Black bean, green peppers and tomato wrap



SNACK

- * Unsalted nuts
- * Sunflower or pumpkin seeds
- * Peanut butter on whole grain crackers or apples
- * Hummus with whole grain pita bread



DINNER

- * 3oz grilled salmon, chicken, beef or pork with vegetables
- * Lentil or split pea soup
- * Tofu and vegetable stir-fry over brown rice
- * Shrimp and vegetables on pasta



Fuel for your body: try this easy recipe!

Black Bean Dip

- 1 can (16 oz) Black Beans
- 1 cup Salsa

Drain and rinse beans. Place beans and salsa into the bowl of a food processor or blender. Blend until the ingredients are smooth. Place in a bowl and use vegetables or crackers to scoop up this healthy dip or use as a topping for salad.



Eating protein rich foods as snacks is a good way to satisfy your hunger