

Healthy Families

Helping Families Eat Better for Less

Powerful Protein!

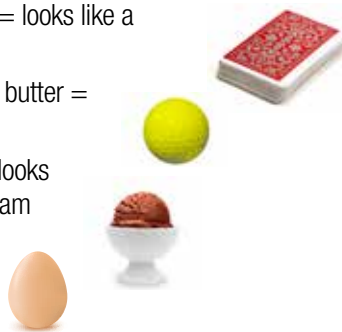
Protein Foods

Protein keeps us strong and healthy and helps children grow. Protein foods come from animals (meat, poultry, seafood, and eggs) and plants (beans, peas, soy products, nuts, and seeds).

How much protein do you need each day?	
Ages 2-13	Ages 14 or older
2 to 5 ounces	5 to 6½ ounces

Examples of common portions of protein foods:

- 3 ounces of hamburger = looks like a deck of cards
- 2 tablespoons of peanut butter = looks like a golf ball
- ½ cup cooked beans = looks like one scoop of ice cream
- 1 egg or 12 almonds = 1 ounce



Choose your protein wisely.

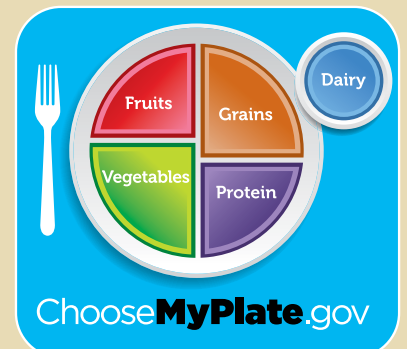
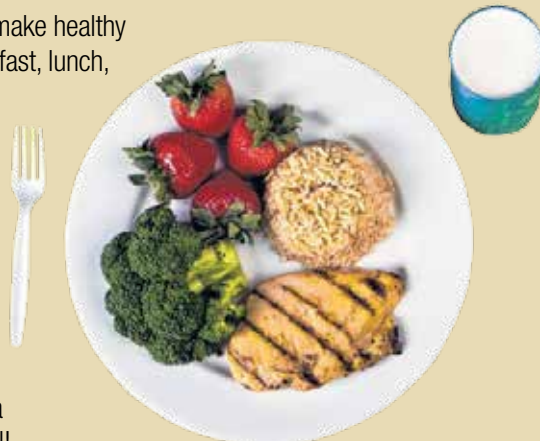
- Trim the visible fat off meat.
- Choose seafood such as tuna and salmon twice a week.
- Eat more plant proteins such as black or pinto beans, split peas, chickpeas, hummus, soy foods (tofu and tempeh), nuts, and seeds.

Ways to \$ave

- Make your meat go farther by adding it to veggies or beans in stir-fry, soups, and casseroles.
- Use less expensive protein sources for meals like beans, eggs, and nuts.
- Serve one meatless meal a week.

MyPlate can help us make healthy food choices for breakfast, lunch, dinner, and snacks.

MyPlate says half your plate should be fruits and vegetables, the other half should include grains and protein; add some dairy to make a nutritious meal!





Kids Corner

Baked Chicken Nuggets – a healthier choice than the fast food version.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Makes: 4 servings

Ingredients:

2 boneless, skinless chicken breasts, cut into bite size pieces	½ cup milk
4 cups cornflakes	Salt (to taste)
1 egg	Oil or cooking spray

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 375 degrees. Coat baking sheet with oil or cooking spray.
3. Mix milk and egg with fork. Add salt.
4. Place cornflakes in sealable plastic bag and crush into tiny bits.
5. Dip chicken pieces in egg/milk mixture.
6. Drop chicken pieces into plastic bag and seal. Shake to coat evenly.
7. Place nuggets on baking sheet.
8. Put nuggets in preheated oven. Bake 10 minutes. Nuggets are done when golden brown and show no pink when cut open.
9. Serve with ketchup or barbeque sauce.
10. Refrigerate leftovers for up to 4 days.

Note: Make nuggets a MyPlate snack by adding apple slices, grapes, or carrots.

Be Active!

Physical activity is important for everyone. Adults need at least 30 minutes of activity most days of the week. Children need 60 minutes of active play every day. Try these tips to fit in more activity:

- Walk for 10 minutes several times a day.
- Limit “screen time” (TV, computer, video games) to 2 hours a day.
- Walk to work, school, or the store, or park further away from the door.
- Take the stairs instead of the elevator.

Super Simple Chili – is an easy, tasty, and cheap way to combine meat and beans for plenty of protein.

Preparation Time: 45 minutes

Makes: 8 (1 cup) servings

Ingredients:

1 pound ground beef or turkey
 1 medium onion, chopped
 3 tablespoons chili powder
 2 (14-ounce) cans crushed tomatoes with juice
 2 (15-ounce) cans beans, rinsed and drained
 1 (15-ounce) can chicken broth

Directions:

1. Wash hands with warm water and soap.
2. In a large pot, cook the meat and onion over medium heat about 5 minutes or until the meat is cooked.
3. Drain the fat.
4. Stir the chili powder into the meat and onions.
5. Add the crushed tomatoes, beans, and broth to the meat mixture and bring to a boil.
6. Cover and reduce heat to low. Simmer for 25 minutes.
7. Spoon chili into bowls and serve hot.
8. Optional toppings: shredded cheese and chopped onion
9. Refrigerate leftovers, for up to 4 days.

Note: Make chili a MyPlate dinner by adding a salad, a corn tortilla, and milk.



If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

Sources: MyPlate: www.choosemyplate.gov; Eating Smart • Being Active: “Go Lean with Protein,” Lesson 6; Food Safety: www.foodsafety.gov/keep/charts/storage.html; Academy of Nutrition and Dietetics: www.eatright.org

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program-EFNEP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact (888) 818-0063.

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