

Go Lean with Protein!

Broil, grill, roast, poach or bake raw meat, poultry or fish instead of breading and frying.

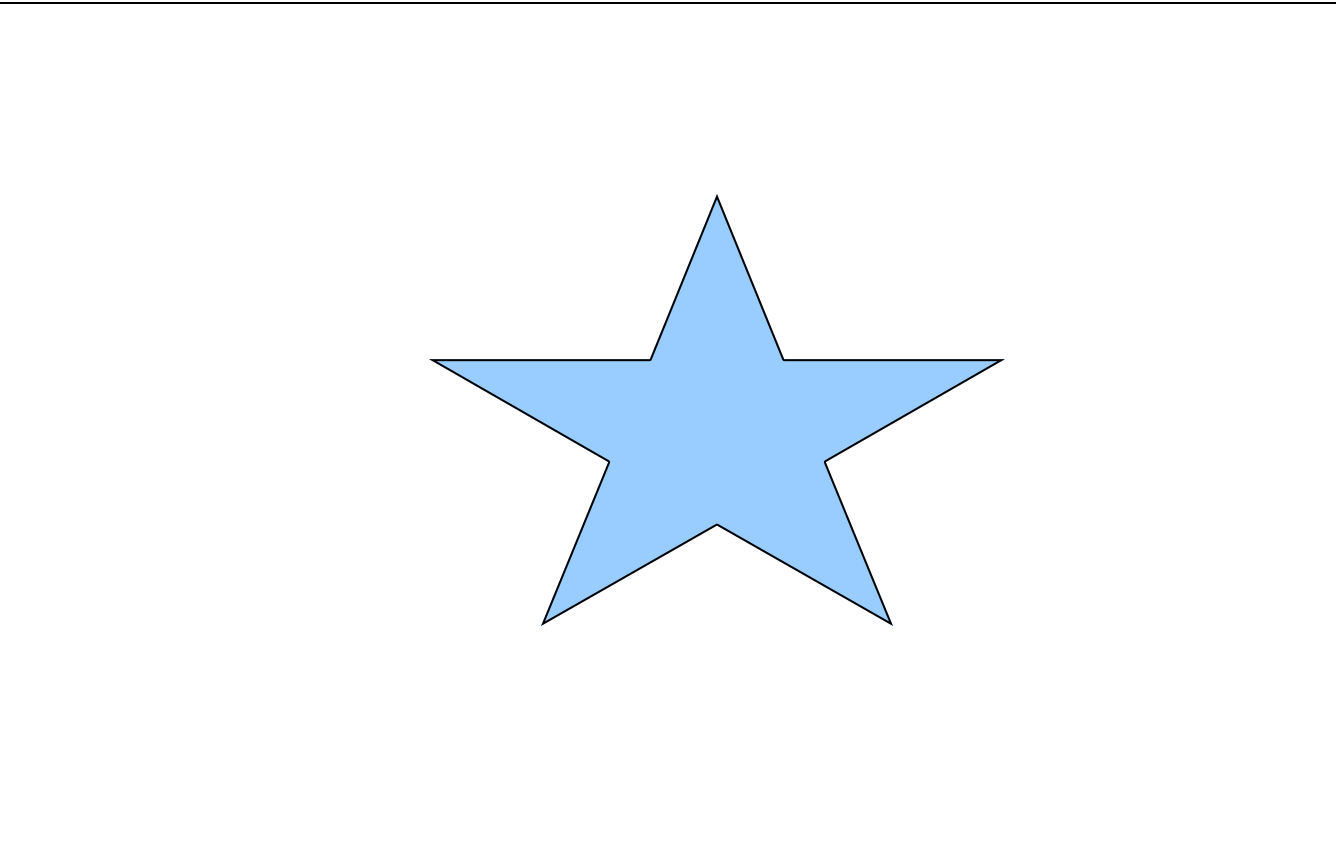
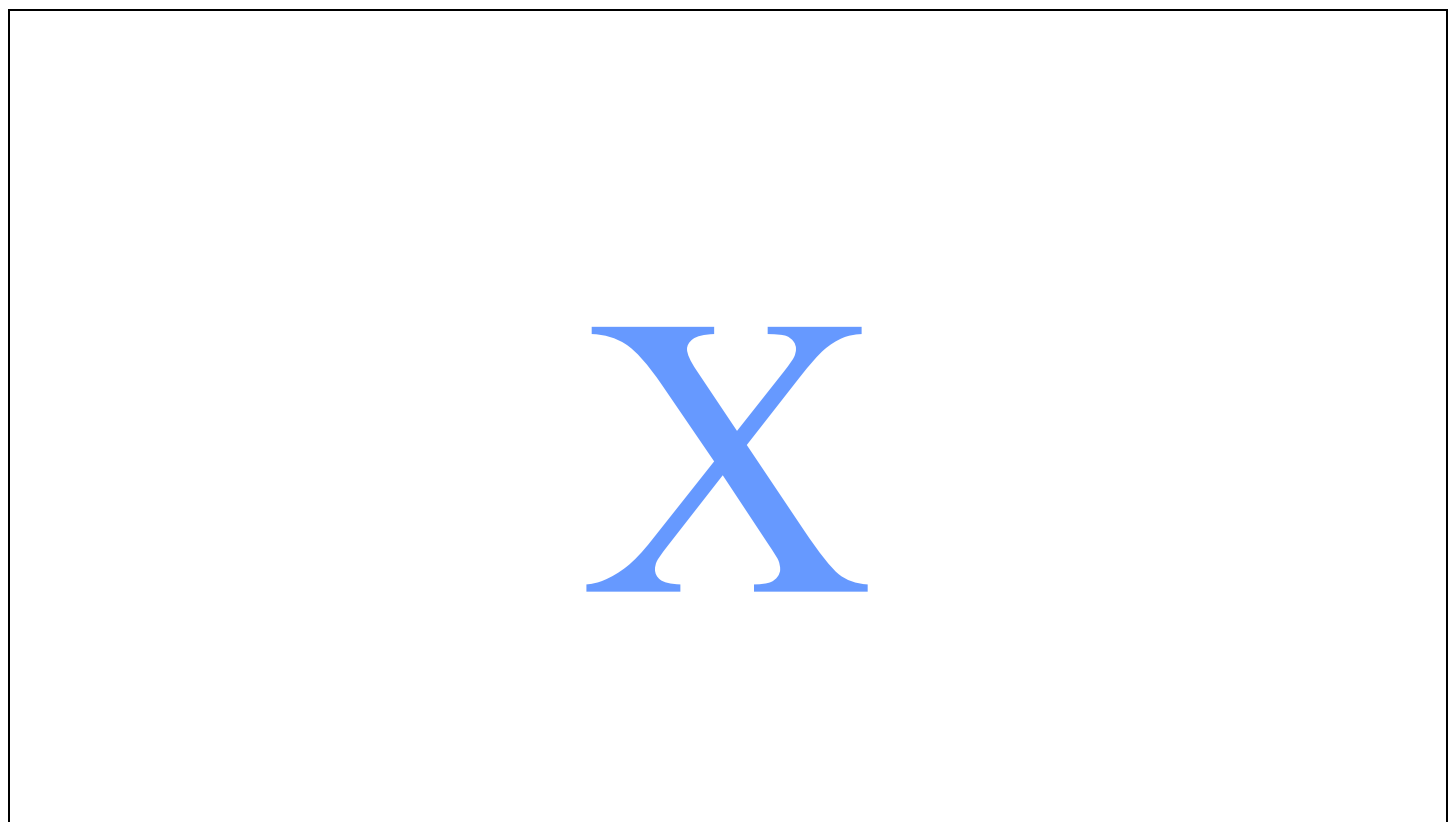
Choose lean or low-fat cuts of meat (round or sirloin) and ground beef that is at least 90% lean. Remove poultry skin and trim or drain fat from all meats.

ACTIVITY
Which cooked meat is a better choice?

Try beans (black, kidney, pinto), unsalted nuts (peanuts, walnuts, almonds), and soy products (veggie burger, tofu) instead of meat.



Look in this pocket to find stories from families who made healthy changes!



Choose seafood at least twice a week like flounder, tilapia or canned fish.

Catch of the Day

10 tips
Nutrition Education Series

with protein foods, variety is key

10 tips for choosing protein

You'll Need

- low-fat milk
- 1/2 brown mustard
- vinegar
- lemon juice
- shred crackers
- rice

- 1 teaspoon salt
- 1 tablespoon garlic powder
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- cooking spray
- 1 pound boneless, skinless fish (flounder, tilapia, cod), cut into 1/2-inch cubes

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Do all meat proteins but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 2 and older, should eat 3 to 7 ounces of protein foods each day.

Look in this pocket to find handouts and recipes on lean proteins!