



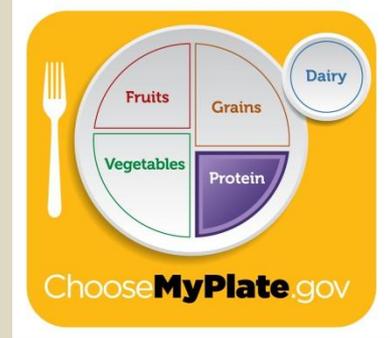
# Protein

“Red meat is *not* bad for you. Now blue-green meat, *that’s* bad for you!”

~Tommy Smothers



# MyPlate: The Protein Foods Group



- No longer called the “Meat and Beans Group”
- Name change is a reminder to get protein from a variety of sources:
  - Seafood
  - Lean meat & poultry
  - Eggs
  - Dry beans & peas
  - Soy products
  - Unsalted nuts & seeds



# How Much Is Needed?

- 5 - 6 ½ ounce equivalents daily
- Choices should be lean or low-fat



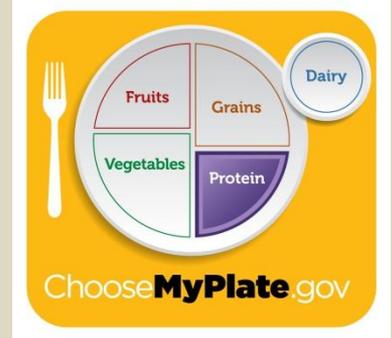
# Ounce Equivalent?



- In general, 1 ounce equivalent from the Protein Foods group is:
  - 1 ounce of meat, poultry, or fish
  - $\frac{1}{4}$  cup of cooked beans
  - 1 egg
  - 1 tablespoon of peanut butter
  - $\frac{1}{2}$  ounce of nuts or seeds



# Portion Sizes

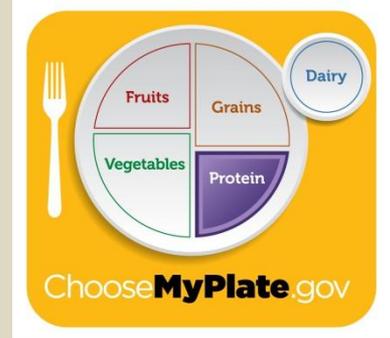


= 3 ounces

1 ounce =

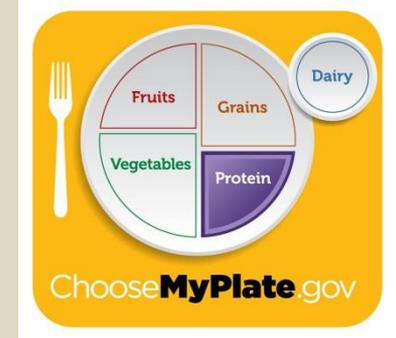


# Health Benefits: Protein



- Functions as “building blocks” in the body
- One of three nutrients that the body uses for energy (along with carbohydrates and fat)
- Prolongs feelings of fullness



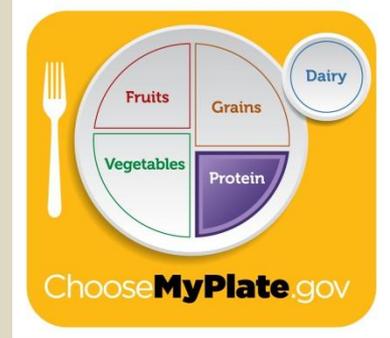


# Other Nutritional Benefits

- Foods in the Protein Foods Group supply many nutrients including:
  - Protein
  - B Vitamins
  - Vitamin E
  - Iron
  - Zinc
  - Magnesium

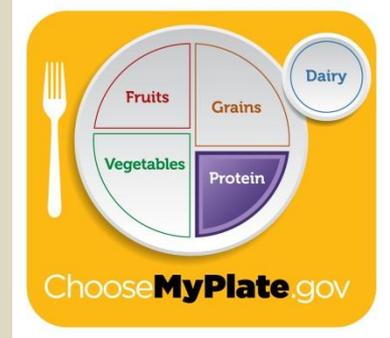


# Nutrients, cont.



- B Vitamins – Helps the body release energy, plays a vital role in the function of the nervous system, and aids in the formation of red blood cells and helps build tissues.
- Vitamin E – Works as an antioxidant.
- Iron – Used to carry oxygen in the blood. Many teenage girls and women in their child-bearing years have iron-deficiency anemia, which makes it especially important that this population take in adequate amounts of food high in iron.
- Zinc – Necessary for biochemical reactions and helps the immune system function properly.
- Magnesium – Used in building bones and in releasing energy from muscles.

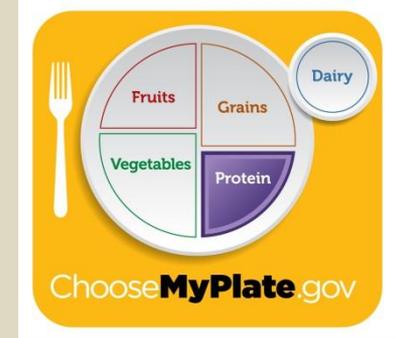
# Making Wise Choices



- Go lean with protein!
- Start with lean choices
  - Buy lean cuts of beef and pork
  - Choose extra lean ground meats
  - Buy skinless chicken parts
- Keep it lean
  - Trim visible fat
  - Avoid frying and use alternative cooking methods for meats
  - Drain off fat after cooking
  - Prepare beans and peas without added fats
  - Prepare foods without high fat sauces and gravies



# Impact of High Fat Diet



- Some choices in the Protein Foods Group are high in:

- Saturated Fat
- Cholesterol



- Raised levels of “bad” (LDL) blood cholesterol increases risk for coronary heart disease
- High intake of fats makes it difficult to control total calories consumed

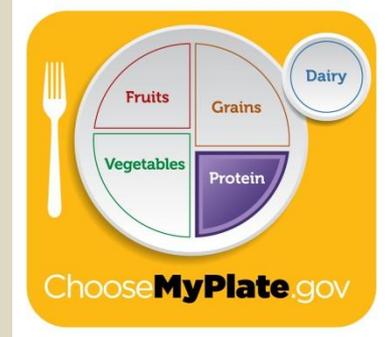
# Check the Food Labels



- Read the Nutrition Facts label on processed foods, looking for amounts of:
  - Saturated Fat
  - *Trans* fat
  - Cholesterol
  - Sodium



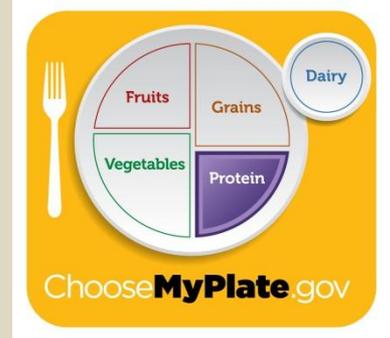
# Vary Your Choices - Seafood



- Adults should eat at least 8 ounces of cooked seafood weekly.
- Omega-3 fatty acids (EPA and DHA) contribute to prevention of heart disease.
- Choices with high omega-3's and lower levels of mercury:
  - Salmon
  - Anchovies
  - Herring
  - Sardines
  - Pacific oysters
  - Trout
  - Atlantic and Pacific Mackerel



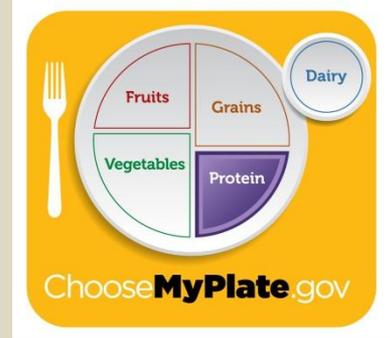
# Vary Your Choices - Nuts and Seeds



- Peanuts and certain tree nuts may reduce the risk of heart disease
- High in calories, so should be eaten in small portions
- Use to replace some of your other protein foods, not added on
- Choose unsalted nuts and seeds



# Vary Your Choices - Beans, Peas, & Soy



- Excellent sources of plant protein
- High in fiber
- Low Fat, with no saturated fat
- Low sodium
- Choose cooking methods that don't add fat and sodium



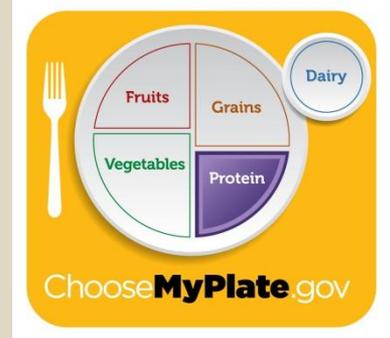
# Vegetarian Diet



- Getting adequate protein on vegetarian diet is possible with the right variety and amounts of food
- Protein sources:
  - Beans & Peas
  - Nuts, nut butters, and seeds
  - Soy products
  - Eggs (ovo-vegetarians)
  - Milk (lacto-vegetarians) – not part of the protein foods group!



# What Can I Do?



- For the next two weeks, focus on eating a variety of protein foods.
- Find ways to replace high-fat protein foods you are already eating with lean options.
- Start incorporating seafood into your weekly menu with the goal of 8 ounces each week.