

FAMILY FOOD SOLUTIONS

The **PROTEIN** Food Group: Builds the Body (meat, poultry, fish, seafood, beans, eggs, nuts, and seeds)

Want to help your body build muscle and grow strong? Protein, the main nutrient found in the **meat, poultry, beans, fish, eggs, nuts, and seeds group**, helps our bodies build lean muscles and develop strong bones. Protein also gives us energy to work, play, and learn.

WHAT'S IN MEAT?



PROTEIN: The building block for muscles, bones, skin, blood, cartilage, enzymes, hormones, and vitamins. Protein is especially important in times of growth and healing.

B VITAMINS: Help the body form red blood cells, build tissue, and release energy.

VITAMIN E: An antioxidant that helps keep cells and skin healthy.

IRON: Carries oxygen through our blood to all of our organs and prevents anemia.

MAGNESIUM: Helps build bones and releases energy from muscles to help us work and play.

ZINC: Helps keep the immune system healthy so we can fight off colds and infections.

MORE TO THE MEAT GROUP THAN JUST MEAT

In addition to meat (beef, pork, and lamb), other foods like eggs, poultry (chicken and turkey), fish, seafood, dry beans and peas, and nuts and seeds are all members of the meat group. Why? They are good sources of protein.

SOMETHING TO THINK ABOUT

Some meats are high in saturated fat and cholesterol and can cause health problems that increase the risk for heart disease and stroke. Cholesterol is found only in animal products. Foods from the meat group that you should limit include these:

- fried meat
- fatty cuts of beef, lamb, and pork
- sausage
- hotdogs
- bacon
- bologna
- regular ground beef
- salami
- egg yolks
- organ meats like liver and giblets



FOR A HEALTHIER YOU

Try healthier options from the meat group, like baked or grilled fish, poultry, lean meats, beans, nuts, and seeds. When choosing meat, look for leaner cuts. Meat labeled as “loin” and “round” are considered leaner cuts. Choose lean ground beef (at least 85% lean). Also try ground turkey or chicken.

HOW MUCH DO I NEED A DAY?

2 to 3 years of age: **2 ounces**

4 to 8 years of age: **4 ounces**

Females

9 to 18 years and 31 years and older: **5 ounces***

19 to 31 years of age: **5½ ounces***

Males

9 to 13 years of age: **5 ounces***

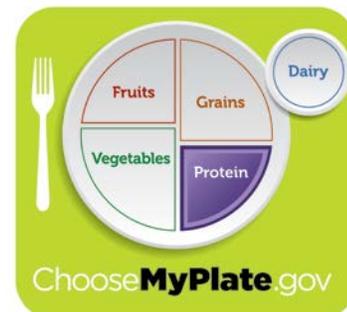
14 to 30 years of age: **6½ ounces***

31 to 50 years of age: **6 ounces***

51+ years of age: **5½ ounces**

HOW TO ADD PROTEIN TO MYPLATE

- Add grilled or baked chicken, turkey, or seafood to a salad to make it a main meal. Also add all types of vegetables and even fruits.
- Have a great bean soup for dinner.
- Try red beans or pinto beans and rice.
- Make chicken, fish, or refried bean tacos, tostadas, or burritos. Remember to add the vegetables!
- Have a peanut butter and banana sandwich.



DINNER SOLUTION: GRILLED CHICKEN CAESAR SALAD WRAPS

3 Tbsp lemon juice

2 Tbsp extra-virgin olive oil

2 Tbsp low-fat mayonnaise

1 clove garlic, minced

½ tsp freshly ground pepper

2 boneless, skinless chicken breasts, trimmed

⅛ teaspoon salt

2 small romaine hearts

⅓ cup finely shredded Parmesan cheese

4 8- to 9-inch spinach wraps, warmed

Directions

Preheat grill to medium-high. Combine lemon juice, oil, mayonnaise, garlic, and pepper in a large bowl. Oil the grill rack. Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 4–6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2–3 minutes total. Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce, and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1½ cup of the salad, and roll closed.

Nutrition Facts: Calories 429, Protein 33 g, Dietary Fiber 5 g, Total Fat 16 g, Saturated Fat 4 g, Monounsaturated Fat 7 g, Cholesterol 69 mg, Carbohydrates 40 g, Sodium 688 mg

MyPlate: www.choosemyplate.gov/foodgroups/proteinfoods.html | Recipe from eatingwell.com

***Serving size information:** Recommended servings for each food group and the percent daily values listed on nutrition facts labels are based on a 2,000-calorie reference diet. They serve as guides to help determine daily intake. You may need fewer or more calories and servings of a nutrient, depending on your body size and activity level. For personalized information, visit www.choosemyplate.gov. You will enter information such as your age, sex, and level of activity to determine your calorie and serving needs.



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