



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **7**

Protein foods—so many choices, so little time

There's a variety of foods in the Protein Foods group to choose from such as chicken, beef, pork, beans, fish, eggs, nuts and soy foods like tofu or veggie burgers. Protein helps us build and maintain strong muscles, prevent illness and heal wounds. If you are eating animal proteins, choose lean options such as lean cuts of beef and pork, chicken, turkey, and fish or seafood more often. Bake, broil, or grill instead of frying.

Beans and nuts are plant protein sources. Try beans with grains, like rice or bulgur. Beans can also help stretch meat dishes, and they taste great in chili and tacos. Try adding nuts and seeds to a stir-fry or salad for protein and crunch!

Beans and nuts are plant protein sources. Try beans with whole grains, like brown rice or bulgur.



It's best to use a meat thermometer instead of depending on how meat looks to ensure it is safe to eat.

Hot, hot, hot!

It is important to cook eggs, beef, pork, turkey, chicken and fish to the proper temperature to keep the food safe for eating. Keep hot food hot until serving.

Cook eggs until the yolks and whites are firm and not runny. Avoid recipes using raw eggs or partly cooked eggs. It's best to use a meat thermometer instead of depending on how the meat looks to ensure it is safe to eat.

Chicken or turkey	165 degrees F
Fish	145 degrees F
Beef and pork (roasts, steaks, chops)	145 degrees F
Ground beef	160 degrees F
Stuffing	165 degrees F
Leftovers, casseroles	165 degrees F
Hot dogs, deli meats, cold cuts	heat until steaming hot



USDA, http://www.fsis.usda.gov/Be_FoodSafe

Kids in the Kitchen

Your child can help:

- place the cheese and veggies on the deli meat
- spoon the salsa into a serving dish

Recipe



Rockin' Roll-Ups

(Makes 2 roll-ups)

Ingredients:

- 2 slices 98-percent fat-free deli meat
- 1 ounce grated low-fat cheese or 1 slice torn into strips
- 1 to 2 tablespoons chopped veggies, such as red or green peppers, broccoli, cauliflower or any other kind of veggies you like
- Mild salsa to taste (optional)

Directions:

1. Wash hands and surfaces.
2. Lay a slice of deli meat flat. Put some cheese in the middle of the slice.
3. Top with veggies. Roll up and eat. Or roll up and heat it in the microwave until the cheese melts, about 15 to 25 seconds, depending on the microwave.
4. Dip in salsa if you like.
5. Refrigerate leftovers immediately.



What can you do to help your child choose a variety of protein foods?

- Children learn by watching you. If you eat a variety of protein foods, they will, too! Try a stir-fry with tofu or a new bean or lentil in your next soup.
- Try dishes with a combination of veggies and protein. Here are some ideas: a whole-wheat tortilla with lean beef or beans and veggies or a green salad topped with nuts.
- Try sandwiches with new protein fillings such as black bean dip or hummus with veggies. Also try tuna or salmon salad mixed with reduced-fat mayonnaise (or low-fat plain yogurt) and cut-up grapes or diced canned pineapple or raisins.
- Try a ham and bean soup with baked whole-wheat crackers, veggies and low-fat milk.
- Children love to be involved in preparing food. Make the Rockin' Roll-Ups together.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance