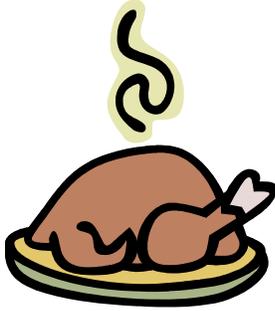


Protein



Why do we need protein?

- To help us grow
- To repair our body's tissue
- To make hormones and enzymes in our body
- To give us energy
- Daily muscle maintenance

How much protein do we need?

- The Recommended Dietary Allowance (RDA) for most healthy adults is about 50-60 grams of protein per day. The RDA for pregnant and lactating women is higher.
- Most Americans eat adequate amounts of protein.

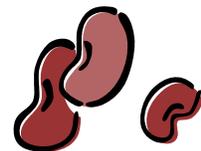
Does more protein equal more muscle?

A person increases muscle by regular physical activity and strength training, not by eating extra protein. When you eat more protein than your body needs for growth, muscle maintenance, or tissue repair, it is used as energy or stored as body fat.

**Protein comes from both animal and plant food sources.
See the list below for common sources of protein.**



Food Source	Grams of Protein
3 ounces beef, round steak	27
3 ounce pork chop	24
3 ounces ground beef	22
3 ounces tuna	22
3 ounce chicken breast	19
½ cup cottage cheese	14
1 cup kidney beans	13
1 cup yogurt	12
2 tablespoons peanut butter	8
1 cup milk	8
4 ounces tofu	7
½ cup white rice	7
1 egg	6
½ cup pasta	6
2 slices whole wheat bread	5
½ cup peas	4



Know how. Know now.

Meatless Meals Can Save You Money

Meat may be the most expensive food item you purchase. One way to save money is to prepare a meatless meal once or twice a week. Since meat is a good source of protein, you will need to look for a good protein-rich replacement. It can be as simple as eating a peanut butter and jelly sandwich. You could also serve macaroni and cheese, Terrific Bean Tacos (see recipe below), green bell peppers stuffed with rice and lentils, or chili bean soup. How about serving a veggie omelet for breakfast or supper, or a fruit flavored tofu smoothie? Instead of using a meat-based sauce for dipping tortilla chips, use a bean dip and salsa.

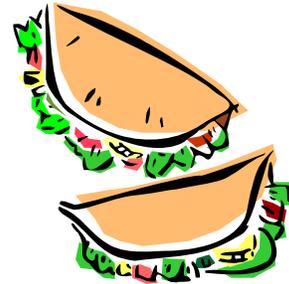
Iron

Iron is a mineral that is important for good health. Many foods that are high in iron are also high in protein. The following foods are a good source of iron: beef, ham, chicken, fish, beans, dark green vegetables, and enriched breads and cereals. Our bodies absorb iron better when foods high in iron are eaten with foods high in vitamin C. The following foods are high in vitamin C: citrus fruits such as oranges and kiwi, dark green vegetables, potatoes, tomatoes, and peppers.

Terrific Bean Tacos

8 tacos

1 small onion
2 teaspoons cooking oil
2 cups refried beans
8 taco shells or tortillas
¼ head of lettuce, chopped
2 tomatoes, chopped
1 cup (4 ounces) cheese, shredded
Taco sauce



1. Stir fry onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with cheese, lettuce, tomato, and taco sauce, if desired.

To make refried beans, mash cooked pinto beans. Heat mashed beans using just enough cooking oil to prevent sticking.

Nutrition Information per Serving (1 taco): 210 calories, 9 g fat, 3.5 g saturated fat, 15 mg cholesterol, 510 mg sodium, 24 g carbohydrates, 5 g fiber, 4 g sugar, 10g protein, vitamin A 15%, vitamin C 20%, calcium 15%, iron 10%

Source: University of Connecticut, Department of Nutritional Sciences & State Department of Education, Child Nutrition Programs