PROTEIN POWER

The Meat and Beans group consists of much more than just meats and beans. It also includes poultry, fish, eggs and nuts. This food group is made up of foods that are packed with protein and includes a variety of animal and plant products.

Eating a variety of foods is easy because there are so many different foods included in this food group. Explore the many foods available by introducing new foods to your family often.

Try a new variety of fish or introduce a dish made with dry beans. Incorporate one meatless meal that includes another source of protein into each week’s menu. A number of health benefits have been reported after including meatless meals in the average American diet, including reduction in blood cholesterol levels.
GET MOVING . . .

A structured exercise program is another good way to become more physically fit. It usually involves more vigorous exercise than daily lifestyle activity, so you should consult with your physician beforehand. A good exercise program includes three types of exercise:

1. Stretching - to improve flexibility and prevent injury
2. Endurance (aerobic) - to improve the fitness of your heart and lungs, lowering your risk of heart and other chronic diseases
3. Strength training (weight training) - to strengthen muscles and increase your endurance

DID YOU KNOW . . . ?

✔ Three ounces of meat is about the size of a deck of cards or the palm of your hand.

✔ Protein is important to the body for building and repairing body cells.

✔ The body does not store protein so it needs to be eaten daily.

✔ When you eat more protein than your body uses, the body converts the extra protein into fat.

WHAT’S IN A 1 OUNCE PORTION?

Health experts recommend that most young people and adults eat between 5- to 6-ounce equivalents of meat and beans each day. So what is a 1-ounce equivalent?

1 ounce of meat, poultry or fish
1 egg
1/4 cup of dried beans
1/4 cup baked beans
1 Tablespoon of peanut butter
1/2 ounce of seeds, such as sunflower or pumpkin seeds
2 Tablespoons of hummus
FAMILY ACTIVITY

Visit your local grocery store as a family. Make arrangements in advance for a tour of the facility so the trip can be a learning opportunity for everyone. Help the children think of questions about the store before you go. Talk with the manager of the meat department about how to identify cuts of meat that are low in fat. After the tour, create a scavenger hunt for the grocery store. Help the children look for specific food products that are found in the Meat and Beans group.

CLIP AND COOK

Nacho Casserole

1 cup Dry Textured Soy Protein (TSP)
1 can Mexican-style tomatoes
1 can Black Beans, rinsed and drained
½ cup Salsa
¾ cup Water
1 teaspoon Chili Powder
1 teaspoon Oregano
2 ounces Tortilla Chips, crushed into bite-sized pieces
1 cup Mexican-style cheese, grated

Preheat oven to 350°F. Combine dry TSP, tomatoes, black beans, salsa, water, chili powder and oregano in a medium saucepan. Heat to boiling, reduce heat, and simmer for 5 minutes. Pour half of the mixture into a casserole dish. Top with half of the chips and half of the cheese. Add another layer of TSP mixture and another layer of chips. Bake for 20 minutes until the internal temperature is at least 145°F. Remove from the oven and sprinkle remaining cheese over the top. Return to the oven for 5 minutes. Serves 6.

Nutrition Facts

Amount Per Serving

Calories 232
Total Fat 7 g
*Vitamin A 11%
*Calcium 18%
*Percentage Daily Values

Sodium 780 mg
25% calories from fat
*Vitamin C 5%
*Iron 21%