



Fun With Food and Fitness

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, 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. Choose lean meats, chicken, turkey and fish and have it baked, broiled or grilled instead of fried.

Beans and nuts are low-cost 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 low-cost 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!

Cooking hot food until it's done is especially important with eggs, beef, pork, turkey, poultry and fish. Heat kills germs that can cause illness. 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. Cook meat until it is done. Fish will flake easily. 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
Beef and pork (roasts, steaks, chops):	145 degrees
Ground beef:	160 degrees
Stuffing:	165 degrees
Leftovers, casseroles:	165 degrees
Hot dogs, luncheon meats, cold cuts:	heat until steaming hot



Kids in the Kitchen

Your child can help by:

- 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 flavor of veggie burger from the grocery store.
- Try dishes with more veggies and smaller portions of protein. Here are some ideas: a whole-wheat tortilla with beans and veggies or a green salad topped with nuts.
- Try sandwiches with new protein fillings such as black bean dip with veggies or hummus with veggies. Also try tuna or salmon salad mixed with reduced-fat mayonnaise (or low-fat yogurt) and cut-up grapes or diced canned pineapple or raisins.
- Try a bean soup as the protein source. Pair with with baked whole-wheat crackers, veggies and low-fat milk.
- Children love to be involved in preparing food. Make this recipe together.

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