



## Protein foods

Components in protein foods make up all the important parts of your body: skin, muscles, organs, bones and blood. Protein foods also supply iron to carry oxygen in blood, magnesium for building bones and zinc for fighting off infections and colds or viruses.

### What are some quick and healthy protein foods that your child can prepare easily?

- Tuna or salmon in small pouches
- Hummus on whole-wheat crackers
- Peanut butter spread on whole-wheat pita pocket bread
- 98 percent fat-free turkey slices with mustard wrapped around dark green lettuce leaves or spinach
- Soy nuts

### Strong muscles three times a week

Build strong muscles with your child three times a week. Do pull-ups, sit-ups or push-ups. Play tug-of-war. Strong muscles help bones get stronger so your child can run and play. And strong muscles help you and other adults in the family keep your bones strong so you can do the things you need to do, like carry

your child, pick up grocery bags and other activities.



### Know your portions

about 3 ounces of meat, fish or poultry = a deck of cards



about 2 tablespoons of hummus = 1 ounce



about 25 almonds = 1 ounce



...1 tablespoon of peanut butter (tip of thumb) = 1 ounce



# Recipes



## Hummus

### Ingredients:

1 can chickpeas, drained and rinsed  
1/4 cup olive oil  
1 tablespoon lemon juice  
1 teaspoon cumin

### Directions:

1. Wash hands and surfaces.
2. Blend all ingredients in food processor or blender until smooth and creamy.
3. Serve on whole-wheat crackers or pita bread.
4. Refrigerate leftovers. Store for up to 3 days.

## Chicken wrap in a flash

(Makes 4 servings)

### Ingredients:

2 cups cooked chicken or turkey, diced  
2 tablespoons onion, chopped  
1/2 cup celery, chopped  
1/4 cup low-fat, reduced fat mayonnaise  
4 whole-wheat tortillas  
1/2 cup dark green lettuce or spinach, chopped  
Low-fat shredded cheese (optional)

### Directions:

1. Wash hands and surfaces.
2. Mix meat, onion, celery and mayonnaise. Spread onto tortillas.
3. Top with lettuce or spinach, cheese and roll up. Optional: wraps can be heated and served warm.
4. Refrigerate leftovers immediately.



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