Go Lean with Protein



What foods are in the protein group?

Circle foods that you like in each column.

Plant protein foods

pinto, black, kidney, navy beans black-eyed, split peas soy beans (edamame)

lentils

tofu

nuts

seeds

peanut butter

Animal protein foods

beef

lamb

pork

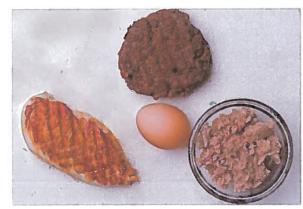
chicken

turkey

fish and shellfish

eggs



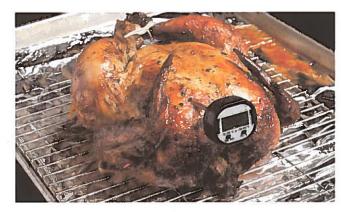


Go Lean with Protein Worksheet 72-ESBA

Go Lean with Protein



(E)	I will choose lean sources of protein foods this we	ek by:
	I will keep my food safe to eat this week by:	
	I will be more physically active this week by:	
25	Our next lesson will be on at	:(time)







This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of

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Common protein serving sizes



3 oz. equivalents 1 small hamburger patty



3 oz.
equivalents
1 small
chicken breast



equivalents 1, 5-oz. can of tuna, drained

3 oz.



2 oz.
equivalents
2 tablespoons
peanut butter



2 oz. equivalents ½ cup tofu



2 oz. equivalents ½ cup cooked beans



2 oz. equivalents 1 oz. nuts (24 almonds, 14 walnut halves)



1 oz. equivalent 1 egg

How many protein foods each day?

Ages 2 to 8
2 to 4 ounces

Ages 9+ 5 to 6½ ounces

Label detective

Protein Food	Protein (grams)	Total fat (grams)	Fiber (grams)
Roasted chicken (3 oz.)			
Black beans (½ cup cooked)		- tree	
Tofu (½ cup)			
Canned tuna in water (3 oz.)		*	
Hot dog (2 oz.)			
Pork chop (3 oz.)			

Food safety experts recommend buying and using a thermometer to test the doneness of meats and other foods.



Go Lean with Protein





Keeping food safe

Clean

 Wash hands. utensils and surfaces in warm, soapy water.



Cook

Use a thermometer to test meat for doneness.



Separate

- Separate raw meat from other foods.
- Store raw meat, covered, on the lowest shelf.



 Use separate plates for cooked and raw meat.

Chill

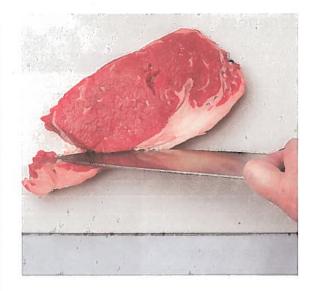
- Keep refrigerator between 32°F and 40°F.
- Refrigerate or freeze food within 2 hours.
- overnight in the refrigerator or microwave just before cooking -



Thaw foods not on the counter.

Reduce fat when cooking protein foods

- Use plant protein foods. They are lower in fat.
- Trim visible fat from meat before cooking.
- Remove skin from chicken or turkey after cooking.
- Roast, grill, or broil instead of frying.
- Eat smaller portions.



Storing protein foods:

Food	Refrigerator	Freezer
Fresh meat, roast, chops, steak	3 to 5 days	4 to 6 months
Fresh hamburger and other ground meats, stew meat	1 to 2 days	3 to 4 months
Leftovers (cooked foods)	3 to 4 days	2 to 3 months
Fresh poultry	1 to 2 days	9 months
Eggs, fresh in the shell	4 to 5 weeks	Don't freeze
Bacon and smoked sausage	7 days	1 month
Raw sausage	1 to 2 days	1 to 2 months
Hot dogs	2 weeks (unopened) 1 week (opened)	1 to 2 months
Lunch meat	2 weeks (unopened) 3 to 5 days (opened)	1 to 2 months
Fish and shellfish	1 to 2 days	3 to 6 months





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