

Go Lean with Protein



EATING SMART
BEING ACTIVE

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



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I will choose **lean sources of protein foods** this week by:



I will **keep my food safe to eat** this week by:



I will be **more physically active** this week by:



Our **next lesson** will be on _____ (day) at _____ (time).



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Common protein serving sizes



3 oz.
equivalents

1 small
hamburger patty



3 oz.
equivalents

1 small
chicken breast



3 oz.
equivalents

1, 5-oz. can of
tuna, drained



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)			
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.



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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.
- Thaw foods overnight in the refrigerator or microwave just before cooking – *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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