

Protein-Rich Foods

Nutrition Education
March 2022



Choose Protein-Rich Foods Wisely

- Eat lean meats, such as chicken and turkey
- Avoid foods high in saturated fat
- Try to eat 8 ounces of seafood per week, like salmon, tuna, and tilapia
- Add beans, peas, lentils, nuts, nut butters, or soy products to your weekly menu

Protein-rich foods are vital to our health. They are our building blocks for bones, muscles, skin, and blood. The nutrients in these foods are a part of our enzymes and hormones. Protein-rich foods include meat, poultry, fish, egg, nuts, and seeds. They have beneficial nutrients such as B vitamins, iron, zinc, and magnesium. Most adults should have between 5 and 6-1/2 ounce-equivalents of protein per day.

	Amount that counts as 1 oz-equivalent	Common portions and oz-equivalent
Meats	1-oz cooked lean beef, pork, or ham	1 small steak = 3½ to 4 oz-equiv 1 small lean hamburger = 2 to 3 oz-equiv
Poultry	1-oz skinless, cooked chicken or turkey 1 sandwich slice of turkey	½ small chicken breast = 3 oz-equiv ½ Cornish game hen = 4 oz-equiv
Seafood	1-oz cooked fish or shellfish	1 can of tuna, drained = 3 to 4 oz-equiv 1 salmon steak = 4 to 6 oz-equiv 1 small trout = 3 oz-equiv
Eggs	1 egg	3 egg whites = 2 oz-equiv 3 egg yolks = 1 oz-equiv
Nuts & Seeds	½ oz nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ oz seeds (hulled, roasted) 1 Tbs peanut butter or almond butter	1-oz nuts or seeds = 2 oz-equiv
Beans, Peas, & Lentils	¼ cup cooked beans, peas, or lentils ¼ cup baked beans or refried beans ¼ cup tofu 1-oz cooked tempeh ¼ cup roasted soybeans 1 falafel patty 2 Tbs hummus	1 cup split pea soup = 1 oz-equiv 1 cup lentil soup = 2 oz-equiv 1 cup bean soup = ¾ oz-equiv 1 soy or bean burger patty = 2 oz-equiv

Clues-in-Squares Crossword Puzzle

Try it	Watch part	Toy on a string	Tiny amount
Giant being	Waikiki locale	Like Yorick	Plus or minus
Jamb	Long, long time	Coffee nickname	Finger tip
Game of tiles	People of Paraguay	Horse houses	Two-masted ship
"Shoo!"	Manitoba city	Choir voice	Symbol of patience
Arctic jacket	Naturalist Charles	Trait carrier	Pale violet
Place to play	One of the Astaires	Actress Ullman	Sixty minutes
Like some milk	Ballet move	Urban vehicle	Kid's cousin

To solve the puzzle, write your answers in the direction of the arrows.

Squares with clues are highlighted.

ANSWER:

E	C	E	N	K	
S	P	A	I	X	T
E	O	H	W	R	
L	L	I	R	O	H
E	L	E	A	D	N
N	N	D	A	R	Y
E	N	E	G	O	A
G	E	N	I	P	W
V	R	E	A		
S	L	E	S	T	A
G	I	V	E		
I	N	A	R	A	G
G	G	O	N	G	M
I	O	A			
T	S	O	R	P	D
I	Y	A	M		
H	T	O	M	E	B
W	Y	G	D		