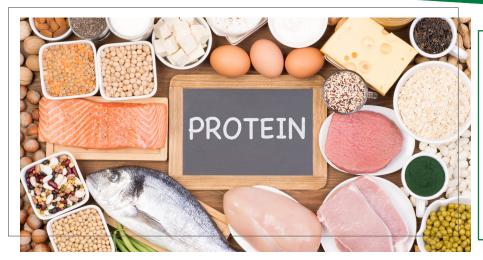
Protein-Rich Foods

Nutrition Education March 2022



Choose Protein-Rich Foods Wisely

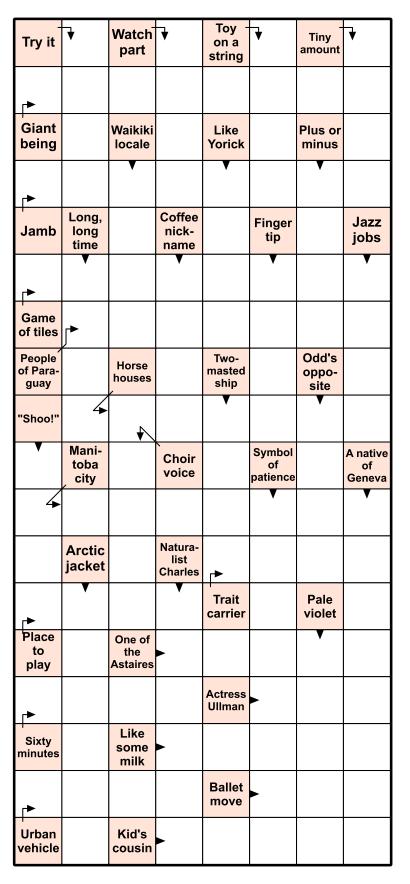
- Eat lean meats, such as chicken and turkey
- Avoid foods high in saturated fat
- Try to eat 8 ounces of seafood per week, like salmon, tuna, and tilapia
- Add beans, peas, lentils, nuts, nut butters, or soy products to your weekly menu

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	l 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	 1/4 cup cooked beans, peas, or lentils 1/4 cup baked beans or refried beans 1/4 cup tofu 1-oz cooked tempeh 1/4 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 = 3/4 oz-equiv 1 soy or bean burger patty = 2 oz-equiv



Clues-in-Squares Crossword Puzzle



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

Squares with clues are highlighted.

ANSWER:

