

PROTEINS

Write the following information into the PROTEIN section of your Graphic Organizer and color the MyPlate template section PURPLE



Boys 9-13	5 oz. daily
Boys 14-18	6 ½ oz. daily
Girls 9-18	5 oz. daily



Vary your protein routine.

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

What counts as an ounce-equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.