



Lesson #6

Take Home Activity

Go Lean with Protein

Dear Parents,

Including protein in your child's diet is very important. Meat and poultry choices should be lean or low fat. Fish, nuts and seeds also contain healthy oils, and should be eaten more frequently than meat. Plant-derived sources of protein, such as peanut butter or beans, should be paired with a grain to form a complete protein (a protein that provides all of the essential amino acids needed for proper utilization).

Some good sources of protein include:

lean meats, poultry & seafood	Chicken breast Lean ground beef Fish, such as salmon or cod Eggs
soy-based products	Tofu Soy milk Soy cheeses and yogurts
beans or other legumes	Lentils Baked beans (low-sugar variety) Hummus
nuts and seeds	Peanut butter Mixed nuts or trail mix Almonds, almond butter Sunflower seeds
low-fat dairy products	Low-fat (1% or skim) milk Nonfat yogurt Low-fat cheeses

Here are some fun, high-protein recipes to make at home with your kids:

Go Bananas! Smoothie

makes 2-3 servings

- 2 cups low-fat chocolate milk or low-fat chocolate soy milk
- 2 frozen bananas, slightly thawed and sliced
- 2 tablespoons creamy peanut butter
- 1-2 scoops protein powder (optional)

Combine ingredients in blender until smooth. Serve and drink immediately.

Magic Fruit & Cheese Wands

makes 6 wands

- 6 kebob skewers
- 3 oz. cheese, cubed or cut into shapes (any low-fat variety)
- 1 cup strawberries, quartered
- 1 cup grapes
- 1 apple, sliced into bite-sized pieces
- 1 pear, sliced into bite-sized pieces
- 1 kiwi, sliced and halved

Place ingredients on skewers, alternating fruit and cheese accordingly. Arrange on a small plate and serve.