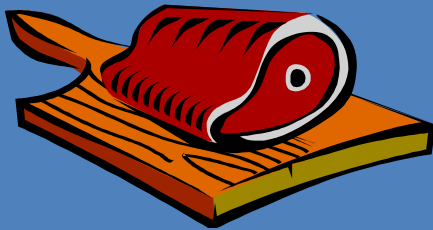


Powerful Protein!



What are Proteins?



- Proteins are made up of chains of amino acids. Proteins are part of every cell in our bodies, especially muscles, bones, skin, and blood!
- Foods that are high in protein are also usually high in B vitamins, Iron, magnesium, zinc, and other vitamins and minerals.

Complete vs. Incomplete Protein

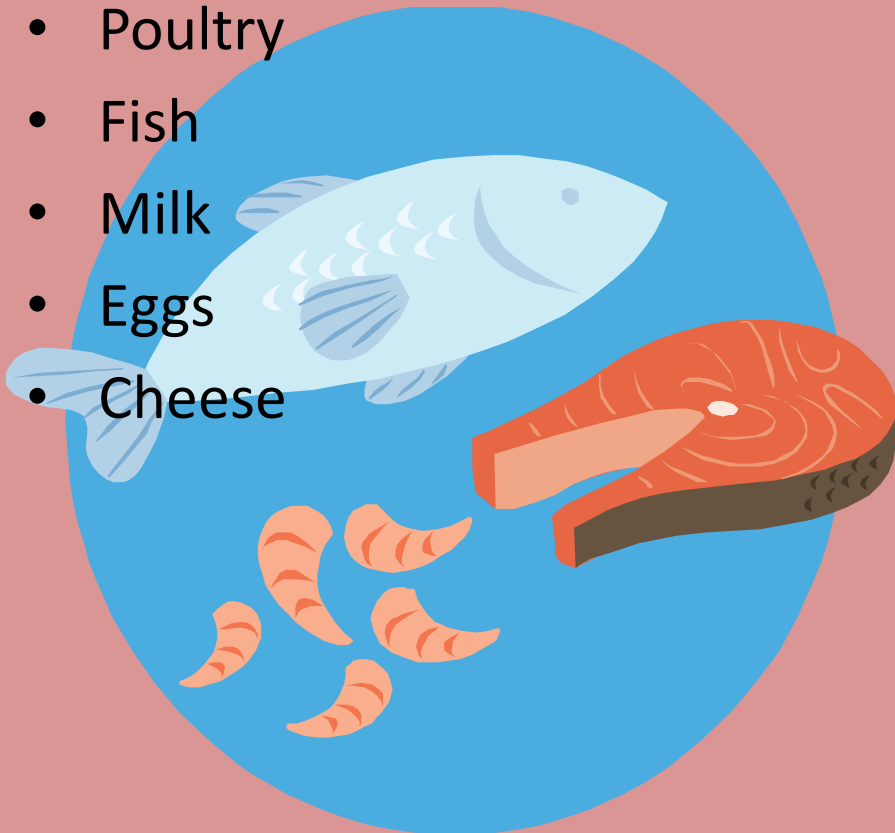
- There are 9 *essential* amino acids that our bodies can't make, so we need to get them from our food.
- If a protein food has all 9 essential amino acids, it is called a **complete protein**. If it doesn't, it is called an **incomplete protein**.
- You can eat incomplete protein foods together to make sure you get all of the amino acids you need to help build healthy tissues! Two incomplete proteins combined together to provide all the essential amino acids are called **complimentary proteins**.



Sources of Protein

Complete Proteins

- Meat
- Poultry
- Fish
- Milk
- Eggs
- Cheese



Incomplete Proteins

- Beans
- Lentils
- Rice
- Nuts/Nut butters
- Seeds
- Soy/Tofu
- Tempeh

How much protein do I need?

- Children ages 4-8 need about 4 ounce equivalents each day
- Children ages 9-13 need about 5 ounce equivalents each day
- What counts as an ounce equivalent?
 - 1 ounce meat, poultry or fish
 - ¼ cup cooked beans
 - ½ ounce of nuts
 - 1 tablespoon of peanut butter
 - ¼ cup tofu/soy beans



Go Meatless!



- Even though animal sources of protein are complete proteins, there are health benefits to enjoying vegetarian sources of protein:
 - Lower in fat
 - Lower in saturated fat (unhealthy for your heart!)
 - Higher in fiber
- Tip: try going meatless for one day each week and enjoy a variety of non-meat protein!
- Note: some consider eggs, dairy, and fish to be vegetarian sources of protein