

MAKING HEALTHY CHOICES: WEEK 6

Plan for protein

Protein is an important nutrient because it helps the body build bones, muscles, cartilage, skin and blood.

Protein can be found in foods such as beef, pork, chicken, turkey and seafood. These foods can provide a range of other nutrients your body needs such as iron, B vitamins, magnesium and zinc. There are also many plant-based sources of protein that we will explore next week.

Lean choices

If something is lean, it has a low amount of fat. There are lean varieties of most types of meat, poultry and seafood. This can include leaner cuts of beef or pork, chicken breast (instead of thighs) and less fatty fish such as perch. Some types of meat are also naturally leaner than others. Venison, for example, has less fat than beef.

Choosing ground meat: Even though turkey is a leaner meat than beef, when buying ground meat varieties, make sure to read the food label because these options come in varying fat percentages. For example, 90% lean ground beef has less fat than 85% lean ground turkey.

Processed meats: Unlike lean cuts, processed meats such as hot dogs, bacon, sausage and deli meats such as salami, bologna, ham and turkey are highly processed. Processed meats are those that are preserved by smoking, curing or salting, or by adding chemical preservatives. These meats have been linked to an increased risk for cancer. They often contain high amounts of fat and sodium. With this in mind, aim to choose processed meats less.

Daily protein recommendations for children

Age in years	Ounce-equivalents
2–3 (boys and girls)	2
4–8 (boys and girls)	4
9–13 (boys and girls)	5
14–18 (girls)	5
14–18 (boys)	6.5

Did you know?

Lean cuts of beef include round steaks, top loin, top sirloin, chuck shoulder and arm roast. Pork loin, tenderloin, center loin and ham are some of the leaner cuts of pork. When in doubt, check the food label or ask your butcher.

The recommendations for this food group are in ounce-equivalents. Think of an ounce-equivalent as one serving. Serving sizes are not the same for all types of foods because different foods contain different amounts of nutrients. (For more information on what equals an ounce-equivalent, visit www.choosemyplate.gov.)

For example, one ounce of cooked chicken breast counts as one serving but one egg (or three egg whites) also counts as one serving.

With this in mind, meeting a daily recommendation of five servings could look like this:

1 scrambled egg, ½ can of tuna, 1 small lean hamburger patty (2 ounces in weight)

OR

2 slices of deli turkey, 1 small chicken breast half (3 ounces in weight)



Photo: © istock.com/AlexPro9500

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Quick Chili (serves 4)

1. Cook **½ pound ground meat** (look for 90% fat free) over medium-high heat until it has reached an internal temperature of 160 °F. Make sure to use a food thermometer that has been calibrated.
2. Without draining, add **one 15-ounce can of kidney beans** (look for “no salt added”), **one 15-ounce can of crushed tomatoes** (undrained), **1 tablespoon diced onions** and **1½ tablespoons of chili powder** to the ground meat. Bring to a boil.
3. Reduce heat, cover and let simmer for 10 minutes.
4. Enjoy! Store leftovers in the refrigerator, or freeze for future use.

Next time, try experimenting with this recipe by adding your favorite veggies such as zucchini or using different types of beans.

Recipe adapted from University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 2, 2007. Retrieved from USDA Mixing Bowl, Quick Chili, at <https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-chili>

MICHIGAN STATE UNIVERSITY | Extension

Find the entire series online at: msue.msu.edu/healthychoices

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

FIND YOUR LOCAL MSU EXTENSION COUNTY OFFICE

With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

To find your local county office visit msue.msu.edu/county.

Acknowledgements

Developed by Erin E. Powell, MS, RDN; Tom Cummins; Elizabeth Dorman and Denise Aungst, MS; for MSU Extension. Based on a concept created by Denise Aungst and Layne Schlicher for MSU Extension. Produced by ANR Creative for MSU Extension.



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutrition foods for a better diet. To find out more, contact your local MSU Extension office.

MICHIGAN STATE
UNIVERSITY

Extension

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. 1P-WEB-1:2017-TC/MR