

MAKING HEALTHY CHOICES: WEEK 7

More than meat

Protein is an important nutrient that helps build bones, muscles, cartilage, skin and blood. While animal sources of protein are often the first to come to mind, many plant-based sources can provide your body with not only protein but also a range of other nutrients.

Power up with plant protein

Beans are one of the most popular sources of plant-based protein. There are many different types of beans, and they can be used in a variety of ways. When trying new types of beans, remember that it can take up to 15 tastes of a new food to start liking it.

Other types of plant-based protein include nuts such as almonds, walnuts and cashews; seeds such as pumpkin seeds and sunflower seeds; and soybean products such as tofu. Nuts and seeds can be a great snack to have on the go since they come ready to eat and don't need to be kept cold.

Don't forget, not only is it important to make sure you and your children are eating from each of the food groups but it is also important to eat a variety of foods within each group. Including different types of plant-based protein in your weekly meals is a great way to do this.

You can start by choosing one day a week to swap animal protein for plant protein. Think of it as an easy way to try new recipes, taste new food and eat a variety of protein sources.

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?

Dry beans are often less expensive than canned beans and also don't have any added sodium (salt). Buying dry beans also means you can choose to cook exactly the amount you need each time. Soaking dry beans overnight will also save you time when cooking them the next day.

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, ¼ cup of cooked beans counts as one serving, but 12 almonds (or ½ ounce of almonds by weight) also counts as one serving. With this in mind, meeting a daily recommendation of five servings could look like this:

½ cup of cooked black beans,
12 almonds, 2 tablespoons peanut butter

OR

½ cup of cooked kidney beans, ¼ cup tofu, 2 tablespoons hummus, ½ ounce of sunflower seeds

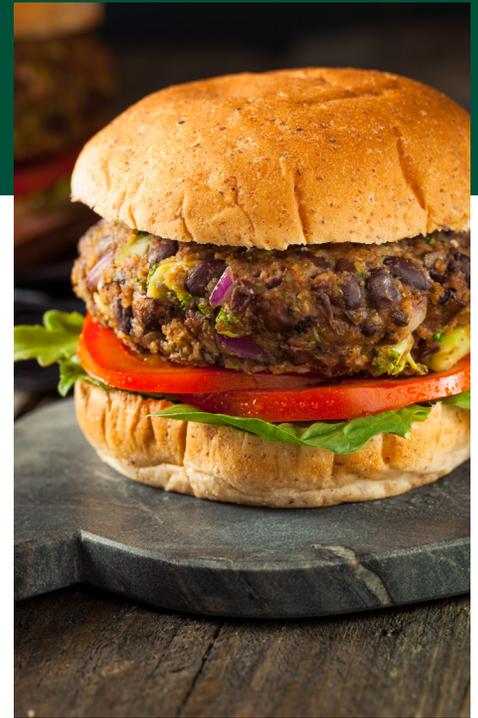


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WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Black Bean Burgers (serves 4)

1. Rinse and drain **one 15-ounce can of black beans**.
2. Preheat oven to 400 °F.
3. Grease one baking sheet.
4. In a mixing bowl, mash beans with fork until mostly pureed.
5. Stir in **2 tablespoons of ketchup, 1 tablespoon yellow mustard, 1 teaspoon garlic powder and 1 teaspoon onion powder** until well combined.
6. Mix in **1/3 cup quick oats**.
7. Divide into four equal parts and shape into patties on baking sheet.
8. Bake for 7 minutes, flip and bake for another 7 minutes until crispy on the outside.
9. Put each burger together with a **whole-grain bun, lettuce and tomato**.

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