



# Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson **8**

## Be a protein pro

**P**rotein is an important nutrient that our bodies need for healing and growth. Unfortunately, many protein foods can be high in saturated fat. Here are some tips to make the best protein food choices:

- Choose fatty meats like sausage, hot dogs, and bacon less often.
- Remove the skin from chicken or turkey before eating.
- Trim visible fat from meat.
- Don't fry meat. Baking, grilling or broiling are healthier options.

### Choose ground beef wisely

Have you ever wondered how much difference there is between 80% and 97% lean ground beef? Compare amounts below to make the best decision for your family.

Compare Ground Beef			
80% lean	90% lean	93% lean	97% lean
287 calories	199 calories	172 calories	137 calories
19.4g protein	22.6g protein	23.6g protein	24.8g protein
22.6g total fat	11.3g total fat	7.9g total fat	3.4g total fat
8.6g saturated fat	4.4g saturated fat	3.3g saturated fat	1.7g saturated fat



### How can you make choosing protein foods the easy choice for you and your family?

- Buy 98 percent fat-free deli meat, canned tuna or lean grilled chicken strips so it is on hand.
- Keep canned beans, chickpeas and other choices handy to add to casseroles, stews and salads.
- Buy hummus and keep in refrigerator so it's available as a dip or as a sandwich spread.
- Vary protein choices. Try main dishes made with beans or peas, seafood and other protein foods.

# Recipes

## Hummus Dip

Makes 2 cups

### What you need:

- 2 cups chickpeas, drained
- 1 clove garlic, finely chopped or garlic powder to taste
- ¼ teaspoon salt
- ¼ cup water
- ½ teaspoon cumin
- Whole-grain crackers or crackers, pita bread, or vegetables (for dipping)



### Directions:

1. Wash hands and surfaces.
2. Mash beans and add all ingredients except the water. Use a blender or food processor to blend.
3. Add water a tablespoon at a time until a thick paste is formed. Continue to stir or process until smooth.
4. Chill until ready to eat. Serve with whole-grain crackers, pita bread or vegetables.

## Personal Snack Pizzas

Makes 10 servings

### What you need:

- Whole-wheat English muffins, whole-wheat bagels or whole-wheat tortillas
- ⅓ cup tomato or pizza sauce
- 1 teaspoon oregano
- ½ small onion, chopped
- ½ cup low-fat cheese, shredded
- Grilled chicken strips, diced



### Directions:

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. Put English muffins, bagels or tortillas on greased baking sheet. Mix sauce and oregano, and spoon on top.
4. Sprinkle onions, cheese and diced chicken.
5. Bake for 15 minutes or until lightly browned.
6. Refrigerate leftovers immediately.

*Option: Bake these personal pizzas in a toaster oven.*

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