



# LEAN MEAN PROTEINS

A CITY HARVEST  
FRUIT BOWL  
PARENT EDUCATION  
HANDOUT

Meats and beans help your body build strong muscles.

## WHAT'S SO GREAT ABOUT THIS FOOD GROUP?

- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients protein including B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- These nutrients help the body release energy, carry oxygen in blood and are responsible for the proper functioning of the immune and nervous systems.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood as well as enzymes, hormones, and vitamins.

## HOW MUCH IS ENOUGH?

The recommended amount of this food group depends on age, sex, and physical activity level. While children can range from 2-5 ounces, adults may need 5-6 ounces.

*Examples:* 1 small lean hamburger = 2-3 ounces, 1 small chicken breast = 3 ounces, 1 can tuna = 3-4 ounces or 1 ounce = 1 egg, 1 tablespoon peanut butter, ¼ beans

## SOME TIPS....

**At the supermarket:** look for low-fat and lean meats (extra lean ground beef, skinless/boneless chicken, other lean cuts)

**When cooking:** trim the fat off first, drain the fat that appears when cooking, choose to broil, grill, bake, boil, poach instead of frying

**When shopping:** pay attention to the nutrition label. Avoid saturated fat, trans fat, cholesterol, sodium (which may be especially high in packaged food)

**Mix it up:** Include a variety of protein sources in your daily meals (toss nuts into salads, cook beans in with rice, choose fish high in Omega 3-fatty acids such as salmon)

Try this recipe.... **15 minute Chili**

*The beans in this recipe help extend the meat and add fiber, vitamins and minerals.*

**Ingredients:**

1 lb. ground turkey or lean ground beef	1 can (16 oz.) pinto beans, drained & rinsed
1 can (28 oz.) stewed tomatoes	1 tablespoon cumin powder
1 cup fresh or frozen chopped onions	1 can (16 oz.) kidney beans, drained & rinsed
1 tablespoon chili powder	1/2 cup salsa

**Directions:**

1. In a large pot, brown turkey with chopped onions. Add tomatoes and break tomatoes into small pieces with spoon.
2. Add seasonings and salsa to turkey mixture. Stir in beans and cook until hot and bubbling.
3. Serve with brown rice or pasta and a green salad.