

Nutrition module

ACTIVITY: WHAT'S YOUR PROTEIN IQ?

Several health organizations issued dietary guidelines to help Americans select diets that may prevent heart disease and cancer. In general, these guidelines suggest eating a variety of foods, choosing healthy fats, and reducing sugar and salt intake. But where does protein come into play? By itself, protein doesn't increase risk for heart disease or cancer. But protein foods often contain high levels of fat, saturated fat and cholesterol—three nutrients you should limit. On the other hand, protein foods play a key role in a healthy diet, providing amino acids vital to every function of the body. Low-fat protein foods, eaten in moderate quantities, are essential for life. Remember, to eat healthy you need to buy healthier protein sources and prepare them using healthy, low-fat cooking techniques. Try your hand at the following activities to boost your protein savvy.

Go on a Fat-Checking Expedition

Review the list below. Place an "L" next to lean protein foods, "AF" next to average-fat foods, and "HF" next to high-fat foods.

- | | | |
|-------------------------|------------------------|-----------------------|
| _____ Tuna fish | _____ Chicken, no skin | _____ Flank steak |
| _____ Bacon | _____ Boiled ham | _____ American cheese |
| _____ Mozzarella cheese | _____ Pork chops | |

Search Out Low-Fat Cooking Methods

Once you make the right food choices at the grocery store, you need to follow through at home by preparing foods without adding excess fat. Look for the following low-fat cooking terms in the word search puzzle:

K	W	L	E	P	M	D	E	S
M	E	T	R	A	X	I	G	T
A	B	M	R	R	T	S	R	O
E	V	A	W	O	R	C	I	M
T	E	S	A	V	A	H	L	I
S	Y	C	U	T	H	S	L	O
S	T	Y	R	F	R	I	T	S
N	H	H	C	A	O	P	S	L

stir-fry

steam

microwave

roast

grill

poach

Can You Pass the Protein Quiz?

Put your protein knowledge to the test by marking true or false for the statements below:

- | | | |
|-------------------------------|--------------------------------|---|
| <input type="checkbox"/> True | <input type="checkbox"/> False | If you're trying to cut calories, it's okay to eat protein only every other day. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | Your body can't make essential amino acids. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | You should eat shellfish in moderation because it's high in cholesterol. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | Chicken dark meat contains less fat than chicken white meat. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | Vegetarians must eat an animal product like milk or eggs to get a sufficient amount of daily protein. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | Complete proteins contain all the vitamins and minerals you need. |
| <input type="checkbox"/> True | <input type="checkbox"/> False | A meal including rice and beans provides a good source of protein. |