

PROTEIN POWER FOR HEALTHY EATING: NUTRITION ACTIVITY

From this lesson you have learned the importance of consuming a protein-rich food at meals and snacks as part of a healthy, weight loss plan.

1. In the activity provided, please list protein rich foods you like to eat in the left column from each category.
2. In the right column, plan 2 meals and one snack incorporating a protein-rich food with vegetables, fruits and/or whole grains.

List Protein Rich Foods and Plan 2 Meals & 1 Snack: See examples in the Power Point Lesson

<p><u>Provide examples of dairy foods (Milk Group):</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><u>Provide examples of animal source of protein (Meat Group):</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><u>Provide examples of plant sources of protein:</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Plan 2 meals & a snack which include a protein rich food, along with a vegetable, fruit, &/or whole grain.</p> <p><u>Example: Snack</u></p> <p>¾ cup whole grain cereal</p> <p>1 cup fat-free milk *protein</p> <p><u>Breakfast:</u></p> <p>Protein: _____</p> <p>_____</p> <p>_____</p> <p><u>Lunch or Dinner:</u></p> <p>Protein: _____</p> <p>_____</p> <p>_____</p> <p><u>Snack:</u></p> <p>Protein: _____</p> <p>_____</p>
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