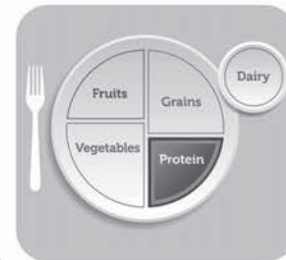




Name _____ Class _____ Date _____

What foods are in the Protein Food Group?

Foods such as meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the **Protein Foods Group**. Vegetarian options in the **Protein Food Group** include beans and peas, processed soy products, and nuts and seeds.

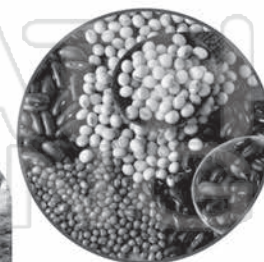


How much protein should I eat?

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of seafood per week. Meat and poultry choices should be lean or low-fat.

The amount of food from the **Protein Food Group** you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.

Daily Protein Recommendation		
	AGE	AMOUNT
CHILDREN	2-3 years old	2 ounces
	4-8 years old	4 ounces
	9-13 years old	5 ounces



Keep on Moving!



PREVIEW

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- cod
- flounder
- haddock
- halibut
- herring
- salmon
- sea bass
- sushi
- swordfish
- trout
- tuna
- crab
- crayfish
- lobster
- mussels
- octopus
- oysters
- scallops
- shrimp
- squid
- ham
- lamb
- pork
- sausage
- bison
- rabbit
- venison
- duck
- goose
- turkey
- Eggs**
 - chicken eggs
 - duck eggs
- black-eyed peas
- chickpeas (garbanzo)
- edamame
- fava beans
- kidney beans
- lentils
- lima beans
- navy beans
- pinto beans
- soy beans
- almond butter
- cashews
- chia seeds
- hazelnuts (filberts)
- peanuts
- peanut butter
- pecans
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- walnuts





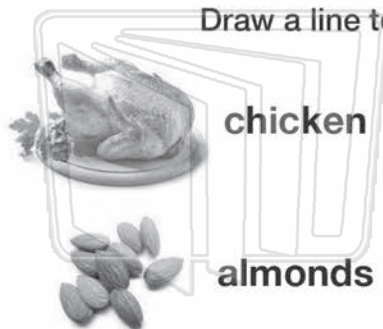
Name _____ Class _____ Date _____

Foods in the Protein Group

Foods such as meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the **Protein Foods Group**. Vegetarian options in the **Protein Foods Group** include beans and peas, processed soy products, and nuts and seeds.

Match the Type of Protein

Draw a line to match each type of protein to the correct category.

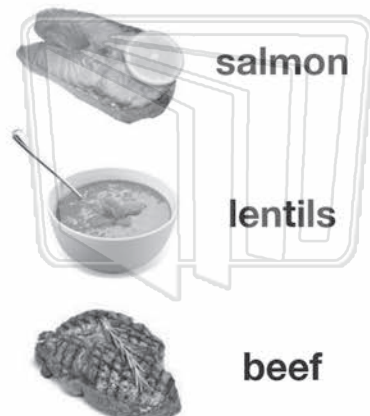


Seafood - Finfish



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Beans & Peas

Nuts & Seeds



Name _____ Class _____ Date _____

Color the food items. Circle the foods that contain protein.



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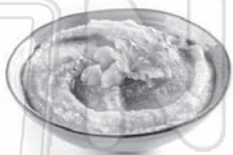




Name _____ Class _____ Date _____

1 Which food is a **vegetarian choice** in the **Protein Food Group**?

- A hummus (made with chick peas)
- B peanut butter
- C black bean veggie burgers
- D all of the above



5 To add variety to your protein choices, you should **eat seafood** in place of meat or poultry _____.

- A once a day
- B once a week
- C twice a week
- D twice a month



2 About how much of your **plate** should be **protein**?

6 To eat a better variety of _____, add **beans, peas, nuts, seeds** or **soy** products to main dishes and snacks,

- A
- B
- C
- D

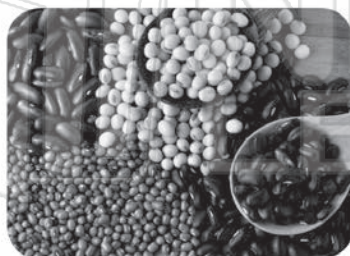


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4 Which food does **not** belong in the Protein sub-group of **beans & peas**?

- A chickpeas
- B almonds
- C lentils
- D soy beans



8 Proteins function as **building blocks** for bones, muscles, cartilage, skin, and blood. Which of these foods is **not** a source of **protein**?

- A soybeans
- B chicken
- C eggplant
- D sardines





Name _____ Class _____ Date _____

Answer Sheet

1 Which food is a **vegetarian choice** in the **Protein Food Group**?

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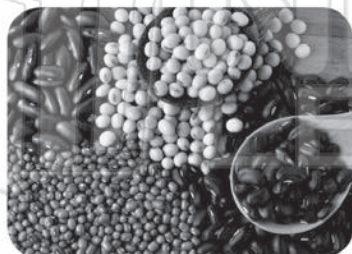


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