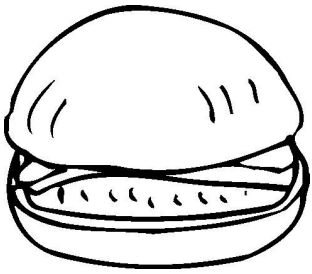
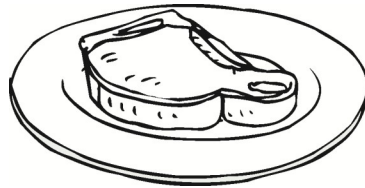


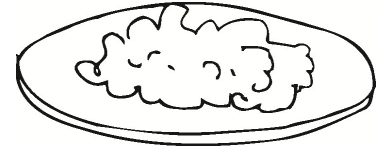
Protein Group foods build a strong body!



Hamburger



Pork Chop



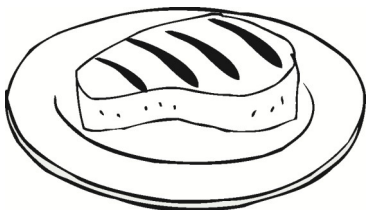
**Scrambled
Eggs**



Beans



**Grilled
Chicken**



Grilled Fish



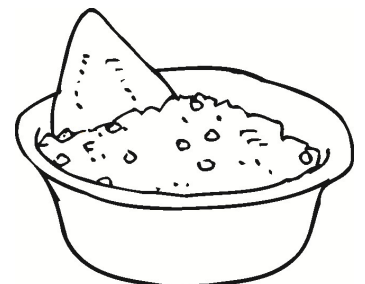
Peanuts



**Sunflower
Seeds**



Peanut Butter



Hummus

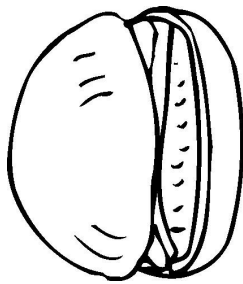


Public Health

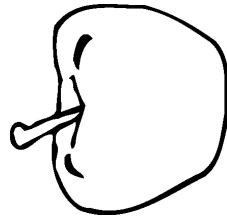
Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Offices of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.

Protein Builds a Body!

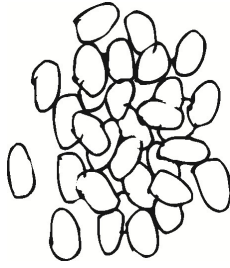
Circle the foods in each row below that belong in the Protein Group.



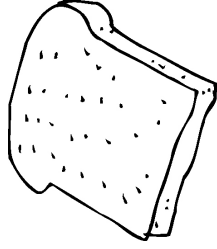
Hamburger



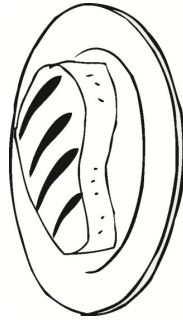
Apple



Beans



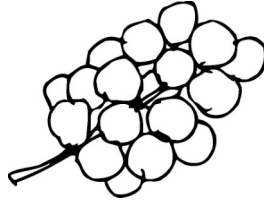
Whole Wheat Bread



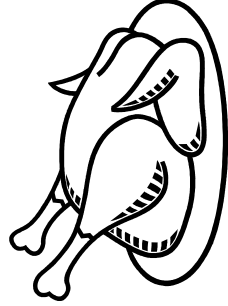
Salmon



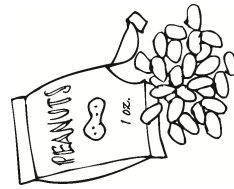
Fat-free Chocolate Milk



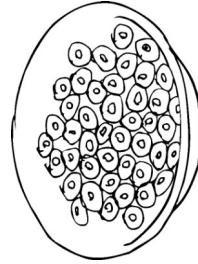
Grapes



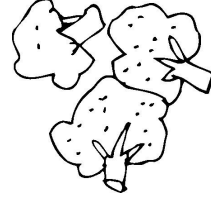
Turkey



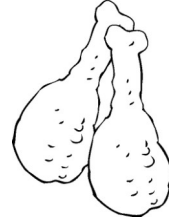
Peanuts



Toasted O Cereal



Broccoli



Chicken