# www.dineforlife.org

## **NUTRITION CLASS**

Your child learned about...

# Prote

- Protein Group Foods come from animals (chicken, beef, pork, eggs, turkey, fish) and plants (black beans, pinto beans, soy beans, nuts, and seeds).
- Protein group foods contain proteins, the building blocks of our bodies. Our hair, skin, nails, muscles—the whole body—is put together with thousands of different proteins! We need protein for growing, healing, and feeling full.
- Some protein foods, like meat, can have a lot of extra fat that is not good for a healthy heart. Choose lean meats (lean=low in fat) such as chicken, fish, and tenderloin cuts of beef and pork. Bake, grill, or broil your meats most of the time.
- Some protein foods, like beans, are naturally lean and are always a heart healthy choice.
- Other protein foods, like nuts and seeds, contain the type of fat that helps the heart stay healthy. Enjoy in small amount because nuts are rich in calories.

### Make it Eat it! Love it!

### Delicious Black Bean Burritos

- 2 10-inch whole wheat flour tortillas
- 2 Tbsp vegetable oil
- 1 small onion
- ½ red bell pepper, chopped
- 1 tsp minced garlic
- 1 15-oz can black beans, rinsed and drained
- 1 tsp minced jalapeno peppers
- 3 oz fat-free cream cheese
- 2 Tbsp chopped fresh cilantro
- 1. Wrap tortillas in foil and place in oven heated to 350 degrees F. Bake for 15 minutes or until heated through.
- 2. Heat oil in a skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes, stirring occasionally. Pour beans into skillet, cook 3 minutes stirring.
- 3. Cut cream cheese into cubes and add to skillet. Cook for 2 minutes stirring occasionally. Turn off heat and stir cilantro into mixture.
- 4. Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Top with salsa and serve immediately.

Recipe adapted from: http://allrecipes.com/recipe/delicious-blackbean-burritos/

Eat a variety of protein group foods

from both plants and animals.

If you usually eat a lot of

beef, try baked chicken or

fish once or twice a week.

Use beans in place of meat

Write your own challenge:

followed by 15 push-ups,

 Learn about Proteins: To help build strong muscles, do a rotation food/protein.html of 15 jumping jacks

15 sit-ups, and 15 seconds in a recipe—like black bean of running in place. Repeat the tacos instead of beef tacos. rotation 3 times!

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- www.kidshealth.org/kid/nutrition/
- Protein Foods: http://www.choosemyplate.gov/ food-groups/protein-foods.html
- Benefits of Protein: http:// men.webmd.com/features/benefitsprotein



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