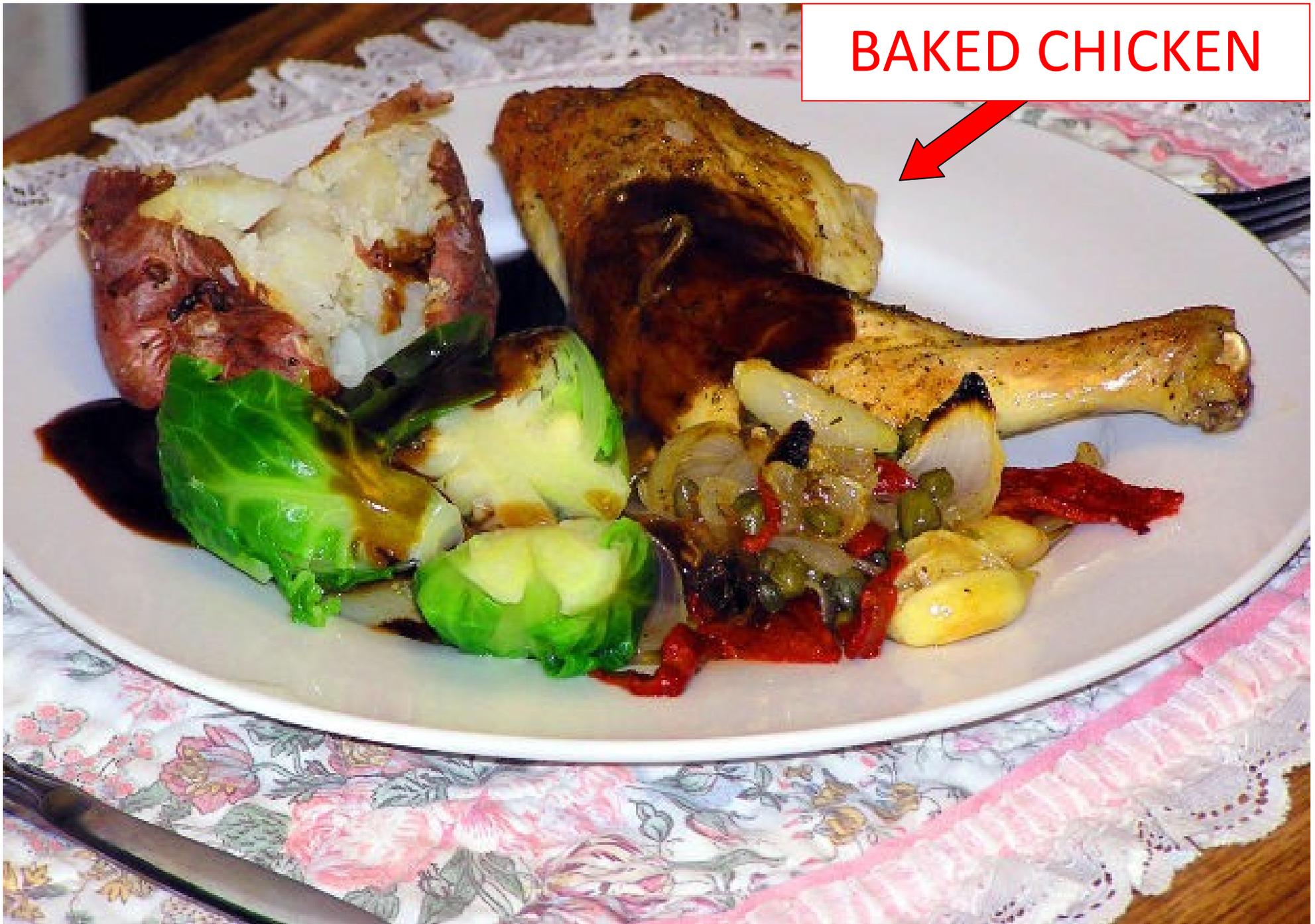
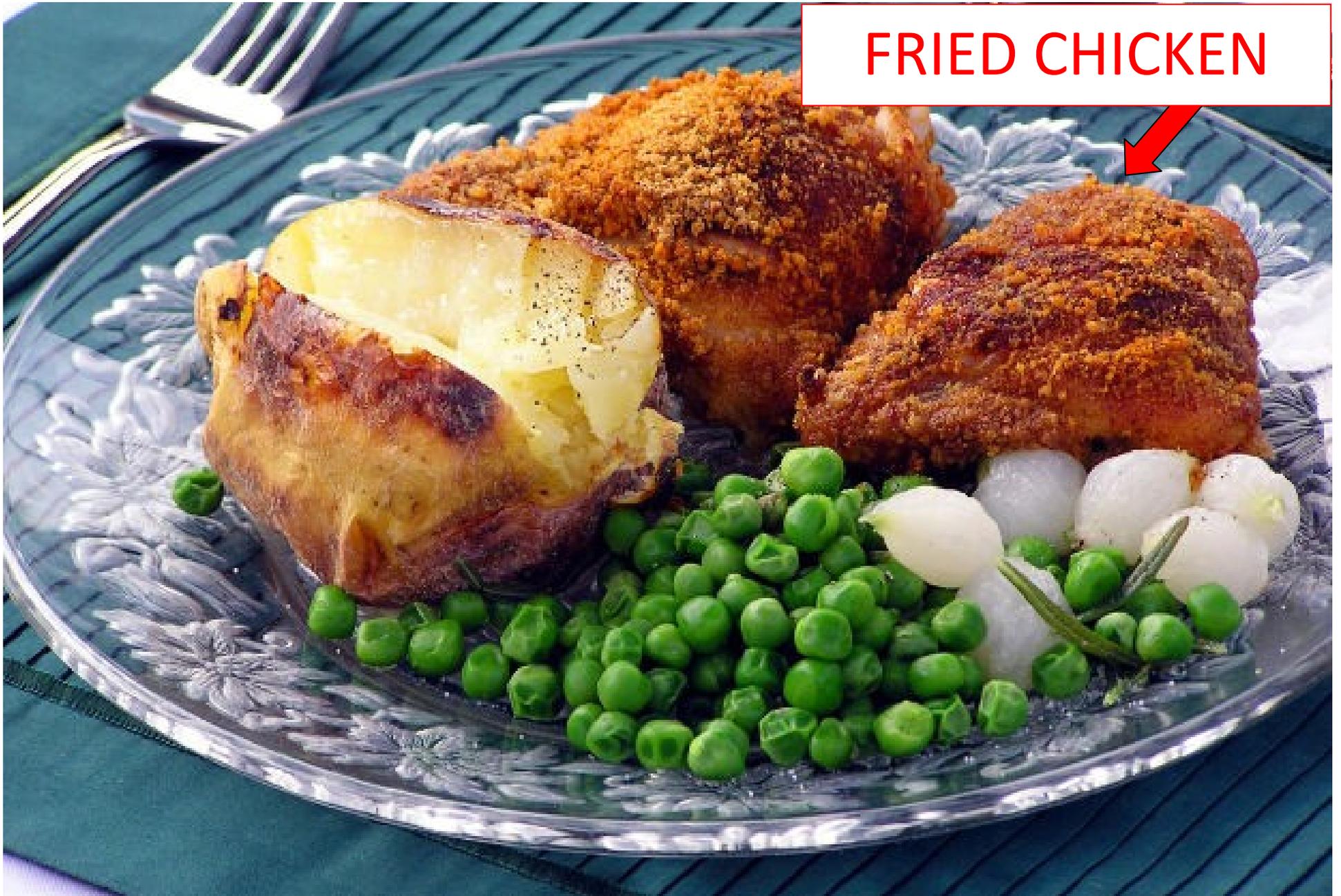


**BAKED CHICKEN**



(Correct Picture) Star!



FRIED CHICKEN

(Incorrect Picture) X

**Look in this pocket  
to find stories from  
families who made  
healthy changes!**

**Look in this pocket  
to find handouts  
and recipes on  
lean protein!**

# 10 tips

Nutrition  
Education Series

## with protein foods, variety is key



### 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

#### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

#### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



#### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

#### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

#### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



#### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

#### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

#### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



#### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

#### 10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

# Catch of the Day

## What You'll Need

- 1/3 cup 1% low-fat milk
- 1 tablespoon brown mustard
- 1 teaspoon vinegar
- 1 teaspoon lemon juice
- 1 egg white
- 1/4 cup crushed crackers
- 1/2 cup cornmeal
- 1/2 cup breadcrumbs
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 tablespoon garlic powder
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- cooking spray
- 1 pound boneless, skinless fish (flounder, tilapia, cod), cut into pieces about 1 inch wide x 3 inches long

Serves 4

## Let's Cook!

- 1 Preheat oven to 425 degrees.
- 2 Spray baking sheet with cooking spray.
- 3 Mix first 5 ingredients (milk to egg white) together in a bowl and set aside.
- 4 Mix next 8 ingredients (crackers to pepper) together in large resealable bag and set aside.
- 5 Dip fish strips into milk mixture and place in resealable bag to coat with dry ingredients. Place on baking sheet.
- 6 Spray strips with cooking spray.
- 7 Cook in oven for 8 minutes on one side. Turn and cook another 8 minutes until crispy.
- 8 Insert a food thermometer in center of a strip and make sure temperature is at least 160 degrees.

## Nutrition Facts

Serving Size (201g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 35
<hr/>	
	% Daily Value*
Total Fat 4g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 850mg	36%
Total Carbohydrate 30g	13%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 30g	
<hr/>	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 15%



## Rosa – Chicago, IL

### A MESSAGE FROM SUSAN

**T**here are mothers who lead with words and others who believe that actions speak even louder. Rosa is an inspiring mother from Chicago who is showing her children the way to good health.

Rosa told me that more than anything in the world, she loves her husband, Romero, and children Evon, 12; Evelyn, 11; Romero, 9; and Juan, 3. But a severe bout of depression almost knocked out this mom. Soon, her

weight reached more than 200 pounds. Rosa was forced to rescue herself through a neighborhood nutrition class that changed her life and the health of her family.

She lost enough weight to drop from a size 22 to a size 8 and now has boundless energy. Her children saw their mother shrinking and were excited about the changes they saw in her. Rosa went from being a mom who used to just sit all day long to one who can't sit still.

### KEYS TO HEALTHIER LIVING



Increase  
Fruits & Vegetables



Increase  
Physical Activity



Decrease  
Screen Time



Decrease  
High Energy  
Density Foods



Decrease  
Sugar-Sweetened  
Beverages

It was a bit of a battle when a Chicago mom named Rosa decided to change her family's eating habits, especially when her four children decided to stage a revolt.

When Mom served fruits and vegetables instead of pizza and fries, she heard the battle cries.

She just stopped spending so much time on it watching TV.

There was a time when Rosa was so out of shape and tired that she never wanted to get up from the couch, and her kids often joined her for hours of just doing nothing. Rosa's pediatrician warned that her 12-year-old son

*In part because they lack access to healthy food and sports facilities, children from lower incomes are more likely to be overweight or obese.*

"My kids would yell, 'We don't like it. We don't like it!'" Rosa remembers.

But in every battle, there is a general on the front lines, and, in this case, mom was clearly in charge.

"I said, 'I'm doing this for your health. I'm doing this because it's good for you,'" Rosa explains.

Words weren't enough in her stubborn family's case, and Rosa knew her situation required some outside help. She was suffering from high blood pressure and very high cholesterol levels. She also had a serious case of postpartum depression following the birth of her youngest child, and her eating was out of control. She knew that in order to see her children grow up, she needed to make some real changes.

A funny thing happened when this mom dropped 60 pounds. Her children were amazed and wanted to become healthy, too.

Changing their lifestyle involved parting ways with a beloved family member — the living room sofa. Rosa didn't throw it out.

was also suffering from high blood pressure. The boy was also having breathing problems.

"I would fall asleep and just let life pass me by," says Rosa, for whom the simple acts of standing or walking were an effort that left her breathless. She knew that she needed some outside help to save her family — and pronto.

Three years ago, she forced herself to leave the couch and attend a local Chicago nutrition class. That single act literally changed the course of her life. Now, Rosa tells other moms to check newspapers and the Internet for local nutrition courses and seminars. There are many free resources that offer useful tips, support systems, and inspiration. Rosa's nutrition teacher helped put together a healthy eating plan for her and her kids. The idea that she had a real plan made Rosa's spirits soar.

"I came home and danced with my children for the first time in a long time. I had hope," Rosa recalls. "I heard the kids yell, 'Mom is up! She's happy! She's even singing!'"

Rosa's new eating plan for her family

## Quick Tips

- Limit screen time to one hour per day.
- Eat three small meals and two snacks a day.
- Know that kids “sneak eat.” Get rid of all temptations in the house.
- Offer fruit as a sweet snack — your children will grow to love it.
- Explain calories and saturated fats to your children. Make a game of avoiding too many calories and limiting bad fats at each meal.
- Reduce salt at the table and during cooking for good health.



includes eating five times a day in the form of three full meals and two snacks. The snacks consist only of fruits or vegetables.

Early on, even Rosa resisted eating some healthy foods and thought her children felt the same way. But she knew no one in her home would ever eat the new foods on her food plan if she didn't try them first. She knew she had to lead by example.

Rosa soon realized that she couldn't continue to have unhealthy foods in her home. If they were available, her son would choose those items instead of following her meal plan.

*Children who are overweight are more likely to suffer from all kinds of health problems — including type 2 diabetes, sleep disorders, and high blood pressure.*

As time went on, she taught all of the older children to read labels. She was used to just grabbing products off the grocery store shelf because they looked appetizing. These days she tries to avoid saturated fats and too much salt.

She follows the government-suggested Food Guide Pyramid for portion control and recommended servings per day of lean meats, fruits, vegetables, and grains. Everyone drinks plenty of water each day, and avoids sugary juices.

The new food plan can be a little costly, but Rosa sees the expense as a necessity.

“I say everything in life has a cost, but your health is something you can never put a price tag on,” she stresses. “A dollar difference is not worth your life.”

She is now happy to report that her oldest son's blood pressure is normal. All of her

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children recently received perfect checkups from the doctor.

She spreads the word on health in her Chicago neighborhood, and other mothers ask Rosa to come into their homes to help them make similar lifestyle changes. Her daughter recently gave a presentation in school about healthy eating, bragging that her mother now has enough energy to dance and play on the floor with her children. Rosa even chases them through the deep Chicago snow banks during the winter.

For her own health, she walks at least 60 minutes a day. Quite often her children will be striding by her side. At home, they turn on music and dance around their apartment.



Sometimes they even drag out her old size 22 pants, a big difference from the size 8 she now wears. The pants are a reminder of how far Rosa's family has come on their journey toward good health.

“Life is our greatest treasure,” Rosa says. “I also know that my children are proud of me, and that's the best feeling in the world.”



## Angie – Harrisburg, PA

### A MESSAGE FROM SUSAN

**A**ngie is a mother living in Harrisburg, Pennsylvania, who has found a way to make her 10-year-old son, Tim, incorporate exercise and good eating habits into his everyday routine. A runner who is about to adopt three more children with her second husband David, she also had to teach her son what not to eat when he's visiting his dad on weekends. This is a major challenge for so many families. In this case, Tim's dad likes

to eat out and go to fast food restaurants. Mom found amazing ways to cope with the fact that what her son is eating isn't always in line with her healthy plan.

Through his mother's urging, Tim has also discovered ways to get daily exercise without joining a school team. Best of all, Angie has found tips that all parents can use to ensure their kids keep a healthy eating mindset no matter what's on their plates.

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Angie's son, Tim, is a typical 10-year-old who loves cartoons, the Internet, and hanging out with his dog, Bailey. But he's not competitive and has no interest in joining a school sports team.

"To be honest, I like to run around. I just don't want to compete with other kids," Tim says. "So, I don't play sports. I just want to play with my friends."

*Learn what to look for on the menu. Watch for low-fat options with words like au jus (in its own juices), baked, broiled, fresh, grilled, poached, lean, roasted, or steamed.*

His mom, an athletic runner, says that's okay.

"I told Tim that's no problem. You can be an athlete without being on a team," Angie says.

On the other hand, Angie did insist that Tim become more active. There is no sitting around in their house in Harrisburg, Pennsylvania, where Tim lives with his mom and stepdad.

So, while his mom jogs every morning, Tim rides his bike next to her. They even turn it into a race to see who can go the fastest. Angie started this ritual when Tim was only six. It's so much fun that everyone forgets that they're exercising.

Tim is also an athlete on his own. Life is his sport. He will walk in the woods with friends. He bikes everywhere around town. He even bundles up on snowy days and bikes to the local YMCA.

Tim gets mostly As in school. His mom thinks diet and exercise play a big part in his

academic success. His brain gets the food it needs to perform, beginning with the most important meal of the day — breakfast.

Angie also notes that her son falls into a healthy sleep naturally after a day that includes exercise.

But Angie knows her son cannot be completely limited from doing the inactive things he enjoys, so she allows him to watch

cartoons, play video games, or use the Internet for only an hour after he comes home from school. Reducing his screen time is a step in the right direction, leaving more time for healthy activities.

In Angie and Tim's household, good health does not begin and end with exercise. After Angie divorced Tim's father, she remarried, and her new husband, David, is a vegetarian. The new family mostly eats a vegetarian diet. That presents some challenges when Tim visits his dad, who enjoys eating out on weekends.

Angie only allows a healthy menu at home, but she says her ex has "many different eating habits than what I do in my house. He eats out a lot. That is a challenge."

Suddenly, Tim, the boy who eats fruits, veggies, and salads all week will find himself at a fast food restaurant. The rules from his mother's home go with him to his

## Quick Tips

- Try vegetarian foods as substitutes. Your kids won't notice if you substitute vegetarian "chicken" nuggets for greasy real chicken ones.
- Use healthy sauces like salsa on vegetables.
- If you're divorced, explain your food plan to your ex. Remind your child to eat healthy during visits with the other parent. Encourage them to eat salads and fruits if they're out to eat.
- Remember that an occasional burger or slice of pizza is a fun treat.
- Try not to serve dinner after 7 p.m. It might keep your child awake, and kids need sleep for good health.



*Avoid foods served au gratin, buttered, breaded, creamed, fried, crispy, or sautéed.*

dad's house. Tim tries to order salads with chicken and dressing on the side. He won't order something like apple pie for dessert. Instead, he orders apple slices with walnuts or low fat yogurt. He avoids French fries when his dad takes him out for burgers.

Angie says moms need to let kids know it's not the end of the world if they eat a few unhealthy things. She firmly believes that what matters is that you eat healthy most of the time.

She does suggest some tips to teach a child how to eat healthy when he's on his own. Angie told Tim to order his burgers with mustard instead of mayo. He asks for veggies on sandwiches, too. Many places will add lettuce, tomato, cucumbers, and even bell peppers or mushrooms to a burger if you ask.

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Tim's mom makes many vegetarian dishes for her family. They all love vegan chicken nuggets, which can be found at health food stores. They also eat black bean and veggie burgers.

Tim loves spicy foods so Angie will let him put salsa on almost anything, including eggs. Kids who love spicy foods often enjoy any vegetable with a little salsa on top of it.

For after-school treats, Angie buys low-fat soups. Tim also nibbles on natural microwave popcorn with no trans-fats. Mom says snacks don't need to be 400-500 calories. She makes sure Tim has 150-calorie snacks on hand.

Using logic and balance when it comes to diet and exercise, Angie feels that saying "no" all the time will only make a child want an unhealthy food more.

"Everyone deserves a treat," she says. "If the treat is fries once in a while, it's okay if you balance it out with healthy eating and exercise most of the week."

The family is about to expand soon. Tim's mom and stepdad are in the process of adopting a trio of children from India. They will add the siblings — two boys and a little girl — to this healthy, fun, loving household.

"I can't wait until they get here," Tim says. "They will have a family. I'll be a big brother. And I'll get even more exercise by playing with them!"

