

ChooseMyPlate – Protein Foods (Key)

What’s in the Protein Foods Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

List a few commonly eaten protein foods.

1. Answers will vary	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

How Much is Needed?

The amount of food from the Protein Foods Group you need to eat depends on age, sex and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods.

Daily Recommendation*		
Children	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents
	14-18 years old	6 ½ ounce equivalents
Women	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What Counts as an Ounce?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.

List three protein foods.

	Amount that counts as 1 ounce equivalent in the Protein Foods Group	Common portions and ounce equivalents
	Answers will vary	

Health Benefits

Foods in the meat, poultry, fish, eggs, nuts and seed group provide nutrients that are vital for health and maintenance of your body. However, choosing foods from this group that are high in saturated fat and cholesterol may have poor health implications.

Meat, poultry, fish, dry beans and peas, eggs, nuts and seeds supply many nutrients.

These include: _____ protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc and magnesium _____.

Proteins function as building blocks for _____ bones, muscles, cartilage, skin and blood _____.

B vitamins found in this food group serve a variety of functions in the body. They help the body _____ release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues _____.

Tips for Making Wise Choices from the Protein Foods Group

(Refer to handout With Protein Foods, Variety is Key – 10 tips for choosing protein)

Name _____ Period _____ Date _____

Vegetarian Choices in the Protein Foods Group

Vegetarians get enough protein from this group as long as _____ **the variety and amounts of foods selected are adequate** _____.

Protein sources from the Protein Foods Group for vegetarians include _____ **eggs (for ovo-vegetarians), beans and peas, nuts, nut butters and soy products (tofu, tempeh, veggie burgers)** _____.

(Refer to handout Healthy Eating for Vegetarians – 10 tips for vegetarians)