

ChooseMyPlate – Protein Foods

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.	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	
	4-8 years old	
Girls	9-13 years old	
	14-18 years old	
Boys	9-13 years old	
	14-18 years old	
Women	19-30 years old	
	31-50 years old	
	51+ years old	
Men	19-30 years old	
	31-50 years old	
	51+ years old	

*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

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: _____
 _____.

Proteins function as building blocks for _____
 _____.

B vitamins found in this food group serve a variety of functions in the body. They help the body _____
 _____.

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 _____

Protein sources from the Protein Foods Group for vegetarians include _____

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