Good Grinding for Wise Dining
Regular Eating
Lesson 17: Protein-Rich Foods
“*I vary, you vary, we all vary our protein!*”

**Action:** Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

**Action:** Pass out “Protein-Rich Foods” handout. Begin lesson when everyone receives a handout.

**Read the following:** Today, we will talk about the importance of eating a variety of different forms of protein-rich foods.

**Read the following:** Protein-rich foods are important to help keep our bodies healthy and working well. Getting enough *protein* from the foods we eat is important to keep our bodies, muscles, blood, bones, skin, and cartilage functioning properly. When we eat enough protein-rich foods, it can help us with fighting infections and we can recover faster from any trauma to our body, such as surgery.

**Action:** Can anyone name a protein-rich food source?

**Ask the following question:** *Gently encourage people to participate. Thank participants for sharing.*

**Read the following:** Animal products are sources of high quality protein-rich foods. Some examples are meats, such as beef, lamb, pork, ham; and poultry, such as chicken and turkey. Other common protein-rich foods include fish, for instance, tuna and salmon; and seafood, such as clams and shrimp; as well as eggs and dairy products, like milk, *yogurt*, and cheese.
Read the following: Good protein-rich plant sources are *legumes*, soybean products, nuts, peanuts; and seeds such as sesame, and sunflower. We benefit the most by eating a variety of protein-rich foods from animal and plant sources. Let’s vary the *proteins* we eat.

Action:

Have participants repeat the following: Everyone repeat with me, “I vary, you vary, we all vary our *protein*!”

“I vary, you vary, we all vary our protein!”

Read the following: When we choose to eat meats, such as beef, pork and poultry, we should choose lean or low-fat meat, cut off visible pieces of fat, and remove the skin as often as we can. If we buy leaner cuts of meat, we can cook them for a longer period of time so they become softer, easier to chew, and more enjoyable to eat. For example, instead of sirloin steak, we can buy chuck meat that is less expensive and is a tougher piece of meat. We can use it in stews or soups, because the meat will become more tender as we cook it for a few hours.

Action:

Ask the following question: How many of us like to eat fish or seafood?

Read the following: Fish and seafood also provides good protein-rich alternatives to meats, pork, and poultry. Fish tastes great whether baked, broiled, grilled, or pan-fried using a little cooking oil spray. Clams can be added to a *marinara sauce* and served over *whole wheat pasta*. What about topping a salad with some tasty fish or seafood, such as shrimp?

What about eggs? Egg, egg whites, and *egg substitutes* are good *protein* sources. They can be used in salads, sandwiches, omelets, or soup. What a great way to get a variety of proteins!
Read the following: How many of us eat or drink dairy products? Dairy products such as low-fat or fat-free milk, yogurt, and most cheeses can provide high quality proteins. These foods can be used alone or mixed in with other foods. Cheese can be used in sandwiches, pastas, or shredded or cubed in salads.

What about yogurt? We can use yogurt in a fruit salad or in a fruit parfait for dessert. The greater the variety of protein-rich foods, the better. I vary, you vary, we all vary our protein!

Action: Everyone repeat with me, “I vary, you vary, we all vary our protein!”

Read the following: How many of us know that a peanut is not a nut? Peanuts are actually in the legume family. Beans, peas, and lentils are called legumes. They are rich in nutrients, including fiber and protein, and can be identified as a protein-rich food. Many people could benefit by including legumes in their daily menu. Legumes are another source or example of the variety of protein-rich foods we can choose from.

Let’s plan on eating a variety of protein rich-foods. How about eating or making chili with kidney and pinto beans, or making a split pea or white bean soup? Have any of us tried baked beans, red beans and rice, beans in a burrito, or hummus on pita bread? What about making a stir-fry with tofu, or eating a veggie burger? Sprinkling beans on our salad is also a great idea. Azuki beans and soybean products, like tofu, are also good sources of protein- rich foods.

*Optional: Read the following: After this lesson, I will demonstrate how to make Peanut Butter Log. This recipe is on your handout.

Action: What kinds of nuts and seeds do we eat?
Ask the following question:

Read the following:

How many of us know that half an ounce of nuts and seeds have the same amount of protein as one ounce of meat? We can add these protein-packed foods to our fruits and veggies as well as our main dishes, snacks, and desserts. For instance, add slivered almonds to steamed veggies, or add walnuts or pecans to a green salad instead of cheese or meat. Sprinkle a few nuts on top of low-fat ice cream or yogurt. What a great idea!

How about peanut butter on celery, carrot sticks, or sliced apples for a snack? Nuts and seeds also make a good snack by themselves. With so many choices of protein-rich foods, let’s vary our proteins.

Read the following:

It is important that we eat enough protein, even as we get older. If we don’t eat enough protein, we will lose some of our muscle mass. If we lose a significant amount of muscle mass, we may be more likely to fall or may have difficulty doing some basic activities of daily living. We need to keep strong and balanced so we can continue to live independently. Fortunately, with a variety of protein-rich foods to choose from, we can find proteins that are great tasting, good for us, and even budget friendly. I vary, you vary, we all vary our protein!

Action:

Have participants repeat the following:

Everyone repeat with me, “I vary, you vary, we all vary our protein!”

“I vary, you vary, we all vary our protein!”

Read the following:

Now, let’s talk about drinking water regularly. It is especially important for us to drink water when we exercise...
or spend time outside in the sun. We can plan to drink water before, during, and after exercising or when we are out in the sun. Carrying a reusable water bottle is environmentally friendly and makes it easier to remember to drink water often.

**Action:**

**Have participants repeat the following:**

“Drink water often, yes we can.”

**Read the following:**

Now, we will discuss *good hygiene practices* when preparing food. Before working with any type of food, we want to wash our hands with soap and water. While preparing food, if we stop to use the bathroom, blow our nose, or touch a pet, we should wash our hands again before handling food.

If we have a cut or sore on our hand, we can cover it with a bandage and then cover it with disposable plastic gloves. This will keep bacteria from transferring from us to the food and from the food to us. Let’s keep it clean, keep it safe!

**Action:**

**Have participants repeat the following:**

“Keep it clean, keep it safe!”

**Read the following:**

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat a variety of protein-rich foods.

**Action:**

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:**

How many of you agree with this next statement: I plan to practice *good hygiene* skills when I prepare food. Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.
Read the following: The last statement is: I plan to drink water often to help keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

*Optional: Peanut Butter Log (see Recipe Index Pg 211)

Other cereals or graham crackers may be used. Peanut butter may be creamy or chunky. For persons over 2 years of age, honey may be used instead of pancake syrup. Vanilla extract and raisins may be used.

Read the following: Today, we will be making a peanut butter log that is listed on the back of your handout. All we need to make this recipe are cereal, nonfat powdered milk, pancake syrup, and peanut butter. I will wash my hands with soap and water before I begin.

Action: Wash hands with soap and water before beginning. Follow recipe directions:
- In a medium bowl, MIX cereal, powdered milk, and pancake syrup.
- ADD peanut butter to the cereal mixture.
- Optional: ADD vanilla extract and raisins.
- MIX well.
- PLACE mixture on waxed paper sheet 13” x 15” long.
- ROLL into log with waxed paper and refrigerate.
- When ready to serve SLICE into 2 inch pieces.

Read the following: See how easy that was? Come and taste this delicious peanut butter log.

Action: Pass out food.