



ALL ABOUT THE PROTEIN FOODS GROUP

- Choose lean or low-fat meat and poultry.
- Choose cooking methods that do not increase added fat like seasonings and herbs.
- Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium.
- Many cuts of fresh chicken, turkey, and pork are injected with a salt-containing solution.
- Choose unsalted nuts and seeds to keep sodium intake low.
- Diets that are high in saturated fats raise LDL (low-density lipoprotein) cholesterol which is a risk for heart disease.
- Avoid fatty cuts of beef, pork, and lamb; regular ground beef; sausages, hot dogs, and bacon; some luncheon meats, and some poultry like duck.
- A diet with high intake of fats makes it easier to overeat.

Why is it important to eat 8 ounces of seafood per week?

- Seafood contains omega-3 fatty acids, EPA and DHA.
- Eating 8 ounces per week of seafood contributes to the prevention of heart disease.
- Choose seafood varieties higher in EPA and DHA and lower in mercury: salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel.

Health benefits

- 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; as well as enzymes, hormones, and vitamins.
- B vitamins help the body release energy, aid in the formation of red blood cells, and help build tissues.
- Iron is used to carry oxygen in the blood.
- Foods high in heme-iron (meats) or eat other non-heme iron containing foods along with a food rich in vitamin C, which can improve absorption of non-heme iron.
- Magnesium is used in building bones and in releasing energy from muscles.
- Zinc is necessary for biochemical reactions and helps with immune system function.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

What are the benefits of eating nuts and seeds?

- Eating peanuts and certain tree nuts may reduce the risk of heart disease.

- Because nuts and seeds are high in calories, eat them in small portions and use them to replace other protein foods.
- Choose unsalted nuts and seeds to help reduce sodium intakes.

Vary your protein choices:

- Choose seafood at least twice a week as the main protein food.
- Salmon, trout, and herring have omega-3 fatty acids.
- Choose beans, peas, or soy products

Tofu

Lentils

Garbanzo, pinto, black, beans

Hummus

- Choose unsalted nuts as a snack, on salads, or in main dishes.

Pine nuts

Almonds

Peanuts

Cashews

Walnuts

Pecans

Check the label for the saturated fat, trans fat, cholesterol, and watch the added sodium.

MyPlate." Choose MyPlate. N.p., 14 Nov. 2017. Web.