

# Spice of Life

Nutrition Education Newsletter

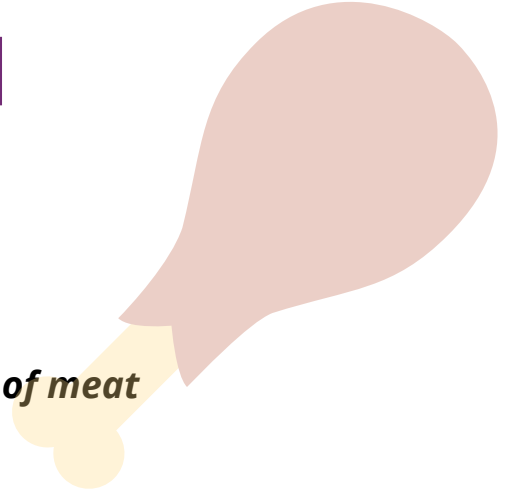
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Brought to you by your  
Neighborhood licensed dietitians

## VARY YOUR PROTEIN

### Did you know

- *You need about 5 ounces of protein daily*
- *Beans & peas are both high in protein and fiber*
- *Think "loin is lean" when choosing pork or beef cuts of meat*



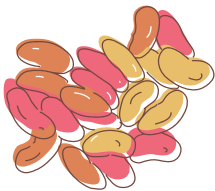
### HOW DO I GET IN 5 OUNCES?

**OUNCES = OZ, TABLESPOON = TBSP**

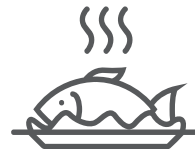
1 palm-sized lean hamburger = 3 oz  
half of a chicken breast = 3 oz  
1 can of tuna, drained = 3 to 4 oz

1 egg = 1 oz  
1 tbsp of peanut butter = 1 oz  
1/4 cup of cooked beans = 1 oz

### HOW TO VARY YOUR PROTEIN



Try different types of protein like beans, peas, nuts, eggs, seafood, or tofu.



Eat seafood twice a week - Choose fish lower in mercury like, sardines, salmon, tuna or trout.

Select lean meat & poultry like loin cuts or turkey and drain excess fat from meat.



Keep it tasty & healthy, try grilling, broiling, roasting or baking they don't need extra fat for cooking.



Source: myplate.gov by the USDA