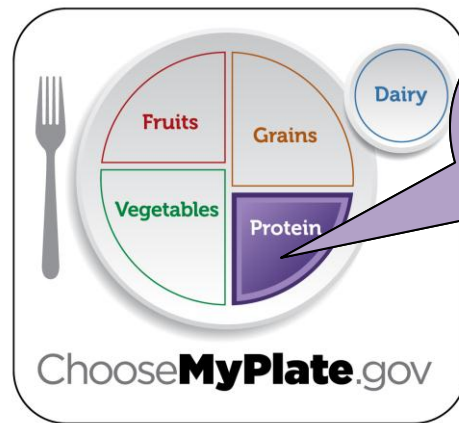


## Information for Trainers on the Protein Group

The learner will be able to:

1. Describe the nutrients in the protein group.
2. Describe the benefits of the nutrients in the protein group for the body.
3. Recognize the recommended intake of protein for young children.
4. Know where to find foods in the protein group.
5. Understand ways to select foods from the protein group.
6. Identify foods from the protein group that are vegetarian.

<b>Protein Group</b>	
Child Centered Phrases	<ul style="list-style-type: none"> <li>• <b>Help you grow!</b></li> <li>• <b>Help you jump high and run fast!</b></li> <li>• <b>Help you build muscles!</b></li> <li>• <b>Help you move!</b></li> <li>• <b>Help you learn!</b></li> </ul>
Food Specific Phrases	<ul style="list-style-type: none"> <li>• Beef helps your body use oxygen to breathe.</li> <li>• Fish will make your heart feel good.</li> <li>• Beans and lentils make your heart feel good.</li> <li>• Chicken, beef, poultry, fish, and tempeh help you build muscles.</li> </ul>
Nutrients	<ul style="list-style-type: none"> <li>• Protein (needed to make tissues)</li> <li>• Fat (provides an energy source, &amp; protects the body)</li> <li>• Fiber- in beans only (prevents constipation, regulates blood glucose, &amp; reduces the risk of colon cancer)</li> <li>• Iron (carries oxygen, regulates blood formation, &amp; is needed for growth &amp; immunity)</li> <li>• Magnesium (involved in breakdown reactions, nerve conduction, &amp; muscle contraction)</li> <li>• Manganese (involved in enzyme activation, &amp; skeletal development)</li> <li>• Niacin (helps transform food into energy, needed for growth and production of hormones, healthy skin, &amp; blood circulation)</li> <li>• Pantothenic acid (converts nutrients into energy &amp; involved in vitamin utilization)</li> <li>• Phosphorus (regulates energy release, &amp; involved in bone development)</li> <li>• Vitamin B 6 (needed in the metabolism of fat, carbohydrate, protein, &amp; the formation of antibodies)</li> <li>• Vitamin B 12 (needed for the synthesis of red &amp; white blood cells, &amp; for the metabolism of food)</li> <li>• Vitamin E (strengthens cells)</li> <li>• Zinc (needed for growth, the immune system, &amp; wound healing)</li> </ul>
Adult Centered Phrases	<ul style="list-style-type: none"> <li>• Supports physical and cognitive development.</li> <li>• Iron in beef helps carry oxygen to cells and tissues in the body.</li> </ul>



**Protein  
helps you  
grow!**

**CDC link to:**

What is protein?

What are types of protein?

Question and Answer

How much protein do I need?

What if I am a vegetarian?

**MyPlate links to:**

Help your child learn to eat and enjoy a variety of foods from this food group.

Tips to help everyone make wise choices in the meat & beans group:

Go with learn protein:

Vary your protein choices:

What to look for on the food label:

Keep it safe to eat:

Vegetarian choices in the protein group:

What counts as an ounce in the protein group?

What foods are in the protein group?

Learn how to prepare meats and beans to avoid a choking hazard.