

## Vary Your Protein Routine!

A healthy eating pattern includes a variety of protein foods in *nutrient dense* forms.

Nutrient Dense forms of protein are lower in calories and higher in the nutrients your body needs.

**Plant protein is great!!**

It has fiber - for heart and digestive health, and it's inexpensive !!



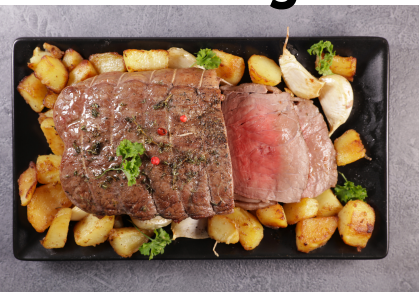
## Cooking methods matter too!

These methods add flavor without extra fat and calories.

### Broiling



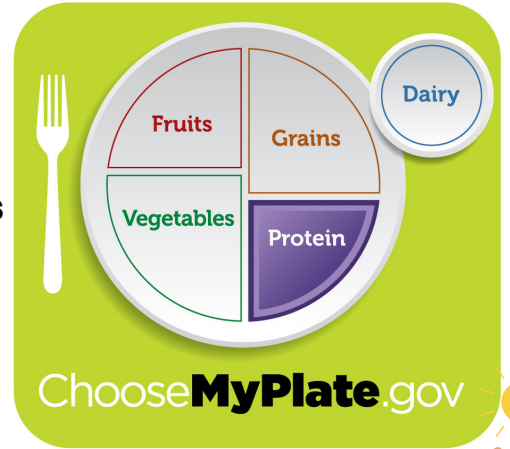
### Roasting



### Grilling



### Baking



**Did you know...**

Most Americans eat enough protein.

Choose smaller portions.

## HOW MUCH PROTEIN DO WE NEED EACH DAY?

WOMEN ( 19 AND UP) 5 OZ

MEN ( 19 AND UP) 7 OZ

ADOLESCENTS ( 9-18 YRS) 5 OZ

CHILDREN ( 4-8 YRS) 4 OZ

YOUNG CHILDREN (2-4 YRS) 2 OZ

Air-frying provides a delicious crispy taste without the oils.



# PROTEINS ON THE MENU!

## LEAN MEATS

round  
sirloin  
93% lean ground beef  
trimmed pork



skinless chicken  
skinless turkey  
eggs

## PLANTS

black beans,  
black-eyed peas,  
chickpeas,  
edamame, kidney  
beans, lentils, lima  
beans, mung beans,  
pinto beans,  
split peas.



### Nuts & seeds-

chia, flax, pumpkin,  
sesame, sunflower

### Soy products

tofu, tempeh

## SEAFOOD



catfish, clams, cod,  
crab, crawfish,  
flounder, haddock,  
hake, herring,  
lobster, mullet,  
oysters, perch,  
pollock, salmon,  
sardines, scallops,  
shrimp, sole, squid,  
tilapia,  
freshwater trout,  
light tuna

## BUTTERNUT SQUASH WITH BLACK BEANS

Ingredients: **FOR A PLANT-BASED PROTEIN MAIN DISH**

ANOTHER GREAT RECIPE  
FROM [SNAPEDNY.ORG](http://SNAPEDNY.ORG)

- 2 3/4 cups Butternut squash, cubed
- 1 tsp vegetable oil
- 1 small onion, chopped
- 1/4 tsp garlic powder
- 1/2 tsp oregano, sage, or rosemary
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16oz each, rinsed and drained)



### Directions:

1. Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife. Cut into 1/2 inch cubes.
3. Peel and chop the onion.
4. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
5. Cook for 5 minutes on medium heat.
6. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
7. Add the beans and oregano or alternate seasoning. Cook until the beans are heated through.

### Serving size 1/6 of recipe

• Calories	232
• Total Fat	1 g
• Saturated Fat	0 g
• Cholesterol	0 g
• Sodium	291 mg
• Total Carbohydrates	44 g
• Dietary Fiber	14 g
• Total Sugars	2 g
• Added Sugars	0 g
• Protein	13 g

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit <https://www.snapedny.org/>

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