



## MEAT and BEANS Go Lean with Protein!!!

Foods in the Meat and Beans Group include: meat, poultry, fish, eggs, nuts, and seeds. All of these foods contain protein and other nutrients that are vital for health and maintenance of your body.

**Key Nutrients:**

- ✓ Protein
- ✓ B Vitamins (niacin, thiamin, riboflavin & B6)
- ✓ Vitamin E
- ✓ Iron
- ✓ Zinc
- ✓ Magnesium

**MyPyramid For Kids**  
Eat Right. Exercise. Have Fun.

- Protein, a key nutrient, functions as a building block for our bodies including bones and muscles. It is also a building block for enzymes, hormones, and vitamins.
- Foods in this group may be high in saturated fat and cholesterol so it is important to make low-fat choices from the Meat and Beans Group, such as fish and lean poultry.
- Vary your protein choices! Fish and bean entrees, such as chili or lentil soup are great choices to make instead of other meats.
- Instead of frying, try baking, broiling or grilling your lean meat, fish or poultry.

### As a guide, kids should eat 5 oz of protein each day! What equals 1 oz of protein?

- ▲ 1/4 cup cooked dry beans
- ▲ 1 egg
- ▲ 1 Tbsp. peanut butter
- ▲ 1/2 oz nuts or seeds
- ▲ A typical serving of meat, fish, or poultry usually equals 3 oz – or about the size of a deck of cards!



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### What's New?



A new initiative called "**KidSafe Seafood**" is helping parents determine the "Healthiest Fish in the Sea" for children. Seafood can play an important part of a nutritious diet for kids, but there are often many questions about which types of fish are the healthiest and safest for children to eat. The National Academies Institute of Medicine did a rigorous assessment and found that the top ranking KidSafe Seafood choices are:

- **Wild Alaskan salmon** (pink, coho and chum)
- **Tilapia** (preferably from the United States or Central America)
- **Shrimp** (preferably U.S. farmed, Oregon pink, & northern "salad" shrimp)
- **Farmed bay scallops**
- **Farmed blue mussels**



For more information on KidSafe seafood, including recipes and tips visit [www.kidsafeseafood.org](http://www.kidsafeseafood.org).



## SUPERFOODS: Legumes



When you hear the word “bean” you may think of green beans, waxed beans or refried beans. But do you also think of chick peas, peanuts or black eyed peas? They are legumes, one of the most versatile and nutritious foods available. Legumes are a class of vegetable that includes peas, beans and lentils. They are a good source of protein and are excellent substitutes for meat, which is higher in saturated fat and cholesterol. Vegetarian diets substitute plant-based protein (including legumes) for animal protein. One might think that vegetarians are at risk for not getting enough nutrients, but as long as they eat a wide variety of protein-rich vegetables and grains throughout the day, there should be no problem.

Beans are one of the most nutritionally complete foods available. In fact, no other foods come close to beans in providing protein, iron, magnesium, zinc, potassium and soluble fiber together in high amounts.

### Why choose legumes?

- Low in fat
- Rich in antioxidants and phytochemicals
- Excellent source of protein
- Contain iron, zinc, calcium, selenium and folate
- Good source of fiber
- High in complex carbohydrates
- May help reduce risk of chronic diseases such as diabetes, osteoporosis, depression, obesity and cancer

## Recipe Corner: Hummus

### Ingredients

Canned chick peas .....	7 oz	Lemon juice .....	2 Tbsp. or more
Garlic cloves, crushed.....	2	Ground cumin .....	1 tsp.
Salt.....	pinch	Tahini .....	3 1/2 fl oz (sesame seed paste-optional)
Water .....	4 Tbsp.	Extra virgin olive oil.....	2 Tbsp.
Paprika.....	1 tsp.	Pita bread .....	4 rounds

### Preparation

1. Drain the chick peas and rinse. Reserve a few whole chick peas for serving.
2. Combine the chick peas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and whip to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chick peas.
4. Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.

## Healthy Eating Ideas from the Meat and Beans Group

- Hummus and pita bread
- Peanut butter with apple or celery slices
- Salmon filet
- Add slivered almonds to steamed vegetables
- Veggie or garden burgers
- Egg white omelet

## Behind The Scenes

### Chartwells Child Nutrition Advisory Council

In order for Chartwells to continue as thought and practice leaders in the areas of child nutrition and school foodservice, a Child Nutrition Advisory Council was brought together last year. This group of distinguished scientists and industry leaders in the areas of physical activity, childhood nutrition and culinary trends, assists Chartwells in accomplishing its mission—to implement programs that foster healthy habits in the communities in which we serve.

For more information on our Advisory Council, including its members visit the “What’s Happening” section of our website at [www.eatlearnlive.com](http://www.eatlearnlive.com).

## Tip of the Day

Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to absorb more fat if fried.