

Facts Page

Let these lunch time and meat/protein facts enhance your lesson.

The meat, poultry, fish, dry beans, eggs and nuts group is important for:

- **protein**—builds and repairs muscles, nerves and other cells. Children need protein for growth and development.
- **iron**—helps red blood cells carry oxygen to all parts of the body.
- **zinc**—promotes cell reproduction and tissue growth and repair.
- **B vitamins**—necessary for our bodies to use food for energy.

MyPyramid encourages everyone to choose lean or low-fat meat and poultry. Amounts from this food group should total five ounces of meat (or equivalent) a day for 4-6 year olds, and about 3 ounces a day for children ages 2 to 3.

Peanut butter, a sandwich favorite, was first created in 1890 by a St. Louis physician because it was easy to eat and digest. Today, over 600 million pounds of peanut butter are consumed in the U.S. every year!



Eggs are a good buy if you are looking for a high-quality protein food. A single egg supplies 10% of the protein an adult needs each day, along with good amounts of vitamins A, D and B12. Shell color doesn't affect nutrition or flavor—it just varies with the breed of hen!

A sandwich meal can be satisfying as well as nutritious, with the advantage of less preparation and cleanup time.

Related websites:

- American Egg Board – www.aeb.org
- Kansas Beef Council – www.kansasbeef.org
- Kansas Pork Producers Council – www.kspork.org
- American Dry Bean Board – www.americanbean.org

Related resources:

- The Peanut Institute—1-888-8PEANUT
- USDA Meat and Poultry Hotline—1-800-535-4555



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