



Exploring MyPyramid with Professor Popcorn

Go Lean with Protein!

Dear Parents or Caregivers,

In this lesson your child learned about the Meat and Beans Group. This food group provides your body with protein. Almost all body parts—from your brain to your biceps—are made up of some protein. We have old body cells wearing out every day, and our body uses protein to maintain, repair, and build new cells. Some people call protein our body's building blocks!

You need to be cautious about the amount and type of meat products eaten. Meat contains fat. Your body needs fat for many health reasons, but we often eat too much. Some kinds of fat, especially saturated fats, ones that you can't see through, increase the risk for coronary heart disease. Unsaturated fats (found mainly in vegetable oils) do not increase blood cholesterol. Choose wisely when you eat protein foods. Select foods like fish, shellfish, beans, poultry, and lean cuts of meat.

Sincerely,

Tips to Cut the Fat!

- ✓ Get most of your calories from plant foods (grains, fruits and vegetables).
- ✓ Choose vegetable, corn, canola, or soybean oil rather than solid fats.
- ✓ Choose lean protein foods.
- ✓ Trim fat from meat and take skin off poultry.
- ✓ Choose dry beans, peas, or lentils often.
- ✓ Limit high-fat processed meats such as bacon, sausage, salami, bologna, and other cold cuts.
- ✓ Choose fat-free or low-fat milk, yogurt and cheese often.
- ✓ Choose prepared foods that do not contain trans fats.
- ✓ Limit foods with creamy sauces, and add little or no butter to your food.

How much should we eat from the Meat and Bean Group?

Americans often eat more from the "meat" part of the Meat & Beans Group than we need. One serving of meat, poultry or fish = 3 ounces, about the size of a deck of cards or the palm of a woman's hand.

Children 8-12 years old who are moderately active need 5 ounces a day.

Adults who are moderately active need 5 ounces a day.



What Counts as an Ounce?

1 egg =
1 ounce of meat,
poultry or fish



1/4 cup cooked
dry beans =
1 ounce of meat,
poultry or fish



1 tablespoon of
peanut butter =
1 ounce of meat,
poultry or fish



1/2 ounce of nuts or seeds =
1 ounce of meat,
poultry or fish



Step 5

Meat & Bean Group
Go lean with protein

WHEN IN DOUBT, throw it out!

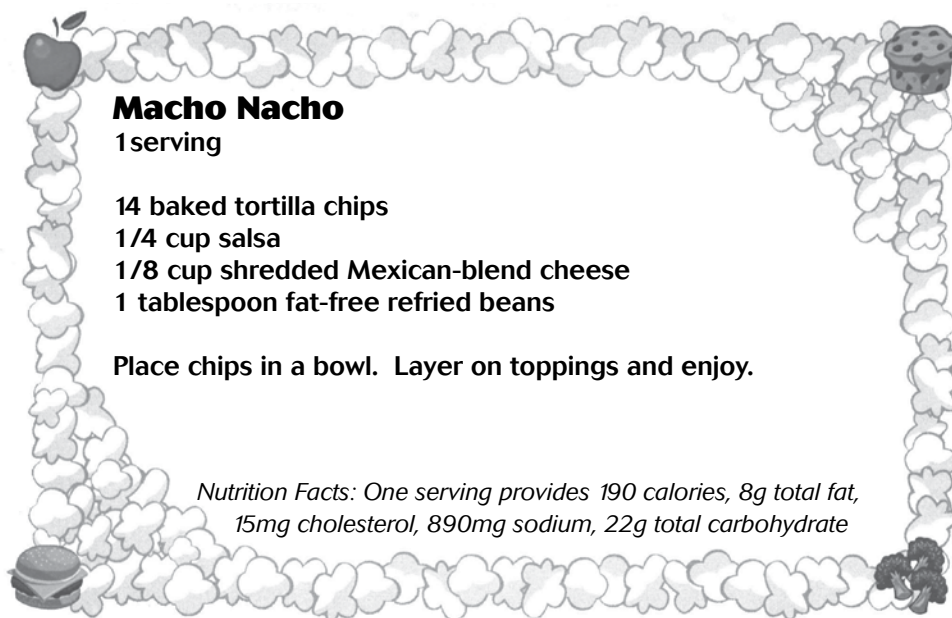
Food can make us sick if it isn't taken care of properly. If you aren't sure that food has been prepared, served or stored safely, throw it out. You may not be able to make food safe if it has been handled in an unsafe manner. To keep food safe to eat, we need to follow the Fight Bac rules.

CLEAN. Wash hands and surfaces often. Wash your hands with warm soapy water for 20 seconds before you handle food or food utensils. Wash after handling or preparing raw meat, poultry, fish, shellfish or eggs. Right after preparing these raw foods, clean the utensils and surfaces used with hot soapy water.

SEPARATE. Separate raw, cooked, and ready-to-eat foods while shopping, preparing or storing. Never place cooked food on a plate that previously held raw meat, poultry, eggs, and seafood.

COOK. Cook foods to a safe internal temperature. This varies for different cuts and types of meat and poultry. Check for doneness with a food thermometer.

CHILL. Refrigerate perishable foods promptly. Refrigerate or freeze meat, poultry, eggs, fish, shellfish, ready-to-eat foods, and leftovers within 2 hours of purchasing or preparing.



Macho Nacho
1 serving

14 baked tortilla chips
1/4 cup salsa
1/8 cup shredded Mexican-blend cheese
1 tablespoon fat-free refried beans

Place chips in a bowl. Layer on toppings and enjoy.

Nutrition Facts: One serving provides 190 calories, 8g total fat, 15mg cholesterol, 890mg sodium, 22g total carbohydrate

Resources: <http://www.mypyramid.gov>; Professor Popcorn, Purdue University

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