



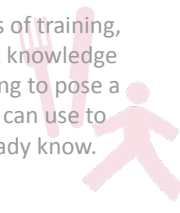
WELCOME

New Nutrition Program Assistants
Follow-Up Training
Protein
Lorelei Jones



PROTEIN

In your first three weeks of training, you learned some basic knowledge about protein. I am going to pose a few questions that we can use to review what you already know.



PROTEIN

1. What foods/food groups contain protein?







PROTEIN

2. What food group is the major source of protein?






PROTEIN

3. What do the Dietary Guidelines and MyPyramid recommend regarding Protein? How do you use these messages in your teaching?



PROTEIN

4. What food safety recommendations would you make to families and youth about handling and storage of protein foods?



PROTEIN

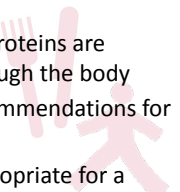


5. What planning or shopping recommendations would you make to families and youth to help them get the best value for their dollar when purchasing protein foods?








OBJECTIVES

- Describe the importance of protein to our overall health
- Have an awareness of how proteins are broken down and travel through the body
- Identify specific protein recommendations for each age/gender group
- Identify protein sources appropriate for a vegetarian diet

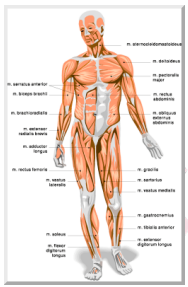


ACTIVITY

P
R
o
t
e
i
n




What is Protein?

- Part of every cell, tissue, and organ in our body
- Proteins represent half of your body's dry weight

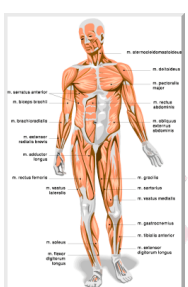


What is Protein?

- One third is in muscle
- One fifth is in bone and cartilage
- One tenth is in skin
- The remainder is in body tissues and fluids

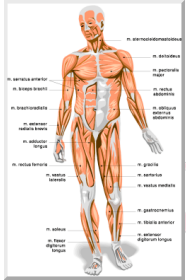


Why do we need protein?

- Growth and maintenance
- Antibodies to fight infection
- Enzymes
- Hormones
- Source of Energy

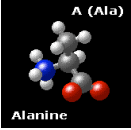




Protein as an Energy Source



- 1g Protein = 4 kcal
- Provides 15% of energy during rest
- Body can convert to glucose when there is need

Structure of Protein






- Proteins are made of small units called amino acids.
- 20 different amino acids
 - Our body can make 11
 - 9 must come from food




TWO TYPES OF PROTEIN

- COMPLETE
- INCOMPLETE

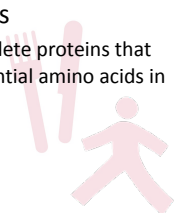


FOOD SOURCES

- Meats, poultry and fish
- Legumes (dry beans and peas)
- Tofu
- Eggs
- Nuts and seeds
- Milk and milk products
- Grains, some vegetables and some fruits




INCOMPLETE TO COMPLETE

- Complementary proteins
 - Combination of two incomplete proteins that together provide the 9 essential amino acids in adequate proportions



VEGETARIANISM

- VEGANS
- FRUITARIANS
- LACTO-VEGETARIANS
- OVO-VEGETARIANS
- LACOT-OVO VEGETARIANS
- SEMI-VEGETARIANS




Summary

- Important component of the body
- Amino acids are building blocks of proteins and proteins are building blocks of the body
- Best sources are meats, poultry, fish, legumes, eggs, nuts and seeds




PROTEIN

1. What foods/food groups contain protein?
 - All food groups with the exception of fats and oils have some protein




PROTEIN

2. What food group is the major source of protein?
 - Meat and Beans Group
 - Meats such as beef, pork and lamb
 - Poultry
 - Fish
 - Legumes (beans and peas)
 - Eggs
 - Nuts and Seeds



PROTEIN

3. What do the Dietary Guidelines and MyPyramid recommend regarding Protein? How do you use these messages in your teaching?
 - Choose low-fat or lean meats and poultry
 - Bake it, broil it, or grill it
 - Vary your choices---- with more fish, beans,



PROTEIN

4. What food safety recommendations would you make to families and youth about handling and storage of protein foods?

PROTEIN

5. What planning or shopping recommendations would you make to families and youth to help them get the best value for their dollar when purchasing protein foods?

Checking Your Understanding

- Provides energy
 - 4 kcal/gram
- 10-35% of our total calories should come from Protein
 - Equals 20 – 70 grams for a 2000 calorie diet

