



HEALTH TIPS FOR PICKING HEALTHIER PROTEINS

What is considered a healthy protein?

According to the *American Heart Association*, choosing healthy sources of proteins, mostly from plant sources; regularly eating fish and seafood; substituting nonfat and low-fat dairy products in place of full-fat versions; and choosing meats that are lean and unprocessed are all things that you can do to choose healthier proteins.

Are fish, nuts and beans good sources of protein?

Fish and shellfish are good sources of protein. The omega-3 fatty acids in certain fish actually have health benefits. Examples of those fish include anchovies, herring, mackerel, black cod, salmon, sardines, bluefin tuna, whitefish, striped bass and cobia.

As part of a heart-healthy diet, omega-3 fatty acids can help reduce the risk of heart failure, coronary heart disease, cardiac arrest and the most common type of stroke (ischemic). Plant foods that contain plenty of protein include beans, peas, lentils and nuts.

There are many types of beans – pinto, kidney, garbanzo, soybeans, and more – and they're all good for you. Put lentils, split peas and black-eyed peas on the list, too! Plant sources of protein do not contain saturated fats and provide dietary fiber and other nutrients. Nuts, peanuts, and soybeans also contain healthy unsaturated fats.



TIPS FOR PEOPLE WHO LIKE MEATS

In general, red meats (such as beef, pork and lamb) have more saturated fat than skinless chicken, fish and plant proteins. Saturated fats can raise your blood cholesterol and increase your risk of heart disease. If you eat poultry, pork, beef or other meats, choose lean meat, skinless poultry, and unprocessed forms. Also choose healthy portion sizes.

One portion of cooked meat is three ounces. To help you judge sizes, a 3-ounce portion is:

- A piece of meat about the size of a deck of cards
- A small chicken drumstick or thigh
- 3/4 cup of flaked fish
- 2 thin slices of lean roast beef (each slice 3" x 3" x 1/4")



HOW TO EAT HEALTHIER PROTEINS

Breakfast

- Add beans to breakfast tacos, scrambled eggs or a vegetable omelet.
- Replace bacon and sausage with low-sodium, nitrate-free turkey or veggie bacon.
- Stir nuts or yogurt into cooked cereal.
- Enjoy nonfat or low-fat milk or yogurt.

HEALTHY PROTEIN BREAKFAST ITEMS



Choose turkey bacon instead of regular bacon. Turkey bacon has lower sodium levels.



Choose non-fat or low-fat milk instead of whole milk. Low-fat milk has lower levels of saturated fats.



Choose low-fat yogurt or greek yogurt to cut down on saturated fats.

Lunch

- Slice up leftover chicken or turkey for sandwiches.
- Have a bowl of bean or lentil soup with added veggies.
- Eat a tuna sandwich on whole grain bread (swap out some of the mayo with ripe avocado).
- Make a chicken salad with leftover baked or roasted chicken.

Dinner

- Grill, bake or microwave chicken breasts. Remove skin before cooking.
- Sprinkle fish fillets with lemon and salt-free seasonings and bake them.
- Wrap a whole fish in foil with lemon and onion slices; then bake or grill.
- Top your salad with beans, nuts, fish or skinless chicken.
- Add beans to a soup or casserole.
- Make black bean burgers or garbanzo bean burgers from scratch.





SHOPPING TIPS FOR PICKING HEALTHY PROTEINS

Many people choose to not eat meat for various reasons, including health. You can get all the nutrients your body needs without eating meat. A one-cup serving of cooked beans, peas, lentils or tofu can replace a 2-ounce serving of meat, poultry or fish. Two ounces of peanut butter counts as 1 ounce of meat.

Shopping Tips

Dried beans, peas and lentils are very inexpensive. Dried lentils cook quickly, while dried beans and peas require more preparation time. Look for no-added-salt or low-sodium canned varieties, or rinse beans before cooking or eating to remove excess sodium.

- **Choose fish high in omega-3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.** Low-sodium canned fish are also a healthy choice.
- **Tofu is found in the refrigerated section of the grocery store.**
- **Choose cuts of meat that have the least amount of visible fat.** Buy "choice" or "select" grades of beef rather than "prime." Lean cuts of meat contain the words "round," "loin" or "sirloin" on the package.

FEBRUARY UPCOMING EVENTS

28

**10 am EDT-
11am EDT
Wednesday**

Disaster Preparedness:

Discuss topics related to preparing for disasters.

Location:

Griffin Manor Senior Center
1119 Johnston Road,
Elizabethtown, KY 42701



- **Choose lean or extra-lean ground meat** (no more than 15% fat).
- **Choose poultry that has not been injected with fats or broths.**
- **Minimize processed meats such as deli slices, bacon, ham, salami, sausages, hot dogs and jerky.**



PREPARATION TIPS FOR HEALTHY MEALS

Look for the Heart-Check mark on food labels to find products that align with the **American Heart Association's** recommendations for an overall healthy eating pattern.

Preparation Tips

Feature vegetables, whole grains, beans, peas, lentils and fruits, with smaller portions of fish, low-fat or nonfat dairy, or lean unprocessed meats if desired.

Flavor any type of protein well with salt-free spices and herbs, garlic, and onion. When preparing meat, trim off visible fat or poultry skin before cooking and pour off the melted fat after cooking.

If roasting a whole chicken or turkey, remove the skin before carving and serving the meat. Use healthier cooking methods: bake, broil, stew and roast. **Chill meat juices after cooking so you can easily skim off the hardened fat.** Then you can add the juices to stews, soups and gravy.

Source: American Heart Association. (2021) *Picking Healthy Proteins*, Retrieved on 10, April, 2022, **Website:** <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/meat-poultry-and-fish-picking-healthy-proteins>.

RECIPE: CHICKEN POZOLE SOUP

Ingredients

- 1 chicken (whole, skinned and cut into pieces)
- 8 cups water
- 1/2 cup onion (chopped)
- 1/4 teaspoon pepper
- 4 tablespoons chili powder (1/4 cup)
- 1 can tomato sauce (8 ounce)
- 1/2 teaspoon oregano (dried)
- 4 cups canned hominy, white or yellow (two 15-ounce cans, rinsed and drained)
- 3 cups ice-burg lettuce (shredded)
- 6 lime wedges

Directions

1. Wash hands with soap and water.
2. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
3. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
4. After the chicken is thoroughly cooked, take the pieces out of the pot and remove most of the bones from the chicken and the pot.
5. Return chicken to the pot.
6. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
7. Serve with lettuce and a wedge of lime.

Source: United States Department of Agriculture (USDA) *Mixing Bowl*. (2020) *Chicken Pozole Soup*, Retrieved 10, April 2022, **Website:** <https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/cinco-de-mayo#recipe-1968>.

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Kid's Craft Korner



EASTER EGG STICK BUNNY

Supplies:

- Styrofoam Eggs | Foam White Sheets or White Card Stock (for bunny ears)
- Wooden Sticks
- Googly Eyes
- Ribbon (Yellow)
- Small Decorative Dots
- Painting Brushes
- Acrylic Paint - A color for the ears and white paint.
- Cardstock - White and a color for the inside ear.
- Glue Gun
- Flower pot or tin can (small)
- **Optional:** Easter grass

Source: AllFreeHolidaycrafts. (2022) DIY (Do it Yourself) Holiday Eggs on a Stick, Prime Publishing Craft Group, Retrieved 10, April 2022, **Website:** <https://www.allfreeholidaycrafts.com/Easter-Crafts-for-Kids/DIY-Easter-Eggs-on-a-Stick>.

EASTER EGG STICK BUNNY

Directions:

1) Paint the Styrofoam eggs your desired color (pink, light blue, yellow, green, white, or purple). Let the eggs air dry on newspaper.

2) Place the Styrofoam eggs onto the wooden sticks, one by one.

3) Draw a stencil for bunny ears on a foam sheet or white card stock. Cut (2) stencils out for the bunny ears of the foam or white card stock. Paint one of the pair of bunny ears a light shade of pink and let air dry.

4) Carefully apply your craft decorations to the egg with glue (if needed); some will come with glue already on them.

5) Tie a ribbon around the flower pot or tin bucket that you chose.

6) If you bought Easter grass, put the grass into the flower pot or tin bucket.

7) Stick the wooden sticks with the Easter eggs inside of the bucket.

Note: Directions are modified from original directions.

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