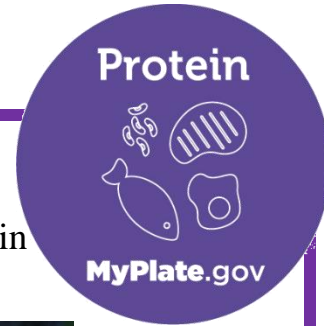


## The Power of Protein



### Protein Foods

Think of protein as the body’s building block. It’s a vital part of muscle, tissue, bone, skin, blood, hormones, enzymes, and vitamins. There are a variety of protein foods, and they each offer different nutrients.

Here is a list of some protein foods:

- Meat (beef, pork, chicken, turkey, seafood, etc.)
- Eggs
- Beans (pinto, black beans, kidney beans, etc.)
- Lentils
- Nuts and seeds
- Soy



### Variety

Most Americans get enough protein, but not everyone gets all of the benefits of protein foods. The best way to get enough iron, fiber, folate, and healthy fats is to focus on getting protein from a variety of sources. Here are just a few examples of the nutrients you can get: iron from red meat, choline from eggs, folate and fiber from beans and lentils, and healthy fats from seafood, nuts and seeds. The best way to get it all is to vary your protein routine.



### Keep It Lean

Remember that some protein foods like red meat or chicken with skin have **saturated fat**. Saturated fat can raise your cholesterol, and too much isn’t good for your heart. You can still eat these foods now and then, but it is recommended to get no more than 10% of your daily calories from saturated fat. For someone eating 2000 calories each day, that would be about 22 grams. To limit saturated fat, choose leaner cuts, drain grease after cooking, and remove skin from poultry.

Food	Saturated Fat
70% lean ground beef	9.6 g/3-oz serving
95% lean ground beef	1.9 g/3-oz serving
Pot Roast	6 g/3-oz serving
Bacon	1.1 g/slice
Sausage	3 g/ounce
Hotdog	4 g

# Tuna Veggie Melt

**Yield: 6 Muffin Halves**

**Prep Time: 15 Minutes**

## Ingredients

- 1 5-oz can tuna, drained
- 1/4 cup chopped celery
- 1 green onion chopped
- 1/2 cup grated carrot
- 1 Tablespoon mayonnaise
- 1/4 teaspoon pepper
- 3 whole wheat muffins
- 1/2 cup grated cheddar cheese

\*Feel free to swap out the veggies for whatever you have on hand.

\*If you don't have any tuna, you can use salmon or mackerel.



## Directions

1. Mix tuna, celery, onion, carrot, mayonnaise, and pepper in a small bowl.
2. Top muffin halves with tuna mixture.
3. Sprinkle muffin halves with grated cheese.
4. Broil until cheese melts (about 3 minutes).
5. Refrigerate leftovers within 2 hours.

This recipe found at <https://www.foodhero.org/recipes/tuna-veggie-melt>



**Good news about everything that's good to eat!**

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