

NUTRITION NEWS

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The Power of Protein

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



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 |

Sea Breeze Salad

Serves:6



CSFP Ingredients

- 2 cups macaroni, dry
- 1/2 can tuna, drained and flaked with a fork
- 1/2 can diced tomatoes, drained

Additional Ingredients

- 8 cups water
- 1/2 cup olives, sliced
- 1/4 green pepper, diced
- 1/4 onion, cut in rings
- 1/2 cup reduced fat, low sodium Italian style dressing
- 1 medium cucumber, sliced

Directions

- 1- Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
- 2-Cook macaroni uncovered, approximately 8 to 10 minutes.
- 3- Remove from heat and drain well.
- 4-Combine all ingredients and mix well.
- 5-Refrigerate for 1 hour. Toss before serving.

Recipe sourced from
Wisconsin CSFP