

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

PROTEIN

The Building Blocks of the Body

Protein is a nutrient which performs functions essential for life. Proteins are often called the building blocks of the body because they help manufacture the hair, bones, muscles, skin, fingernails, and teeth.

Everybody needs protein – there is no exception to the rule.



But Why?

Protein is needed to:

1. Build and repair body tissues.
2. Maintain body functions.
3. Help keep muscles working correctly.
4. Promote growth.



The protein needed by the body comes from the food we eat. Some foods are better sources of protein than others.

Insufficient amounts of protein can cause poor muscle tone and posture, decreased energy, and lowered resistance to disease. More severe protein deficiencies can cause growth retardation.



PROTEIN SOURCES

High Quality Protein Foods are foods that are excellent sources of protein when eaten alone. Examples include:

- | | |
|-------------------------------|------------|
| Milk, Cheese | Milk Group |
| Eggs | Meat Group |
| Fish (Fin Fish and Shellfish) | Meat Group |
| Beef, Pork, Poultry | Meat Group |

Low Quality Protein Foods are foods that contain protein, but become better sources of protein when eaten with other protein foods. Examples include:

- | | |
|-------------------------------|------------------------|
| Dry Beans and Peas; Soybeans | Meat Group |
| Peanut Butter, Peanuts | Meat Group |
| Pecans, Walnuts | Meat Group |
| Sunflower Seeds, Sesame Seeds | Meat Group |
| Breads and Cereals | Bread and Cereal Group |



“Linking Citizens of Louisiana with Opportunities for Success”

What's Cooking?

Spanish Rice with Cheese

- 3 Slices Bacon
- 1 Finely Chopped Onion
- 1 Tsp. Sugar
- 1 Cup Water
- 1 Cup Regular White Rice, Uncooked
- 1/4 Cup Chopped Green Pepper
- 2 Cups Canned Tomatoes
- 1/4 Cup Chopped Celery
- 1/4 Tsp. Worcestershire Sauce
- 1 Cup Shredded Cheddar Cheese
- 1/2 Tsp. Salt

Fry bacon in heavy 2 quart saucepan. Drain cooked bacon on paper towel. Pour off fat. Add onion, green pepper and celery. Brown lightly over low heat in greased saucepan. Add water and salt. Bring to a boil. Stir in rice, tomatoes, sugar and Worcestershire sauce. Reduce heat. Simmer until rice is tender, 15 to 20 minutes. Fluff gently with a fork. Crumble the drained bacon, and fold into rice mixture with fork. Sprinkle cheese on top of the mixture. Cover pan tightly and continue cooking about 5 minutes until cheese is melted. Serve hot. Makes 6 servings.



Nutrition Facts

Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	23%
Cholesterol 25mg	8%
Sodium 410mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 8g	
Vitamin A 15%	• Vitamin C 30%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 350mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



References:
 Health and Wellness Center, Bolling Air Force Base, DC
 Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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