



TALKING POINTS

Champions for Change: Healthy Proteins

Healthy Proteins Campaign

- Campaign runs May 2011 through August 2011
- Includes TV, online ads and the printed materials in this box

Common Questions

- **Why is it important to choose healthy proteins?** Healthy proteins provide lots of protein and are lower in saturated fat.
- **What are good healthy protein choices?** Very lean ground hamburger meat, chicken breast without the skin, chunk light tuna fish, pinto beans, and peanuts are some good choices.
- **Are healthy protein choices expensive?** Dry beans and peas, peanut butter and eggs are very inexpensive foods that are great sources of protein. Meat can be expensive, but can feed more people if it is used in stews and casseroles instead of the main part of the meal.
- **Aren't nuts and seeds high in fat?** Nuts and seeds do contain fat but it's more of the healthy fat (mono and polyunsaturated fat) that is good for your heart.

Tips and Facts

- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator to keep juices from dripping onto other foods.
- Thaw meat by placing it in the refrigerator or defrosting it on a plate in the microwave.
- Choose lean and extra lean ground beef. The label should say at least "90% lean."
- Buy skinless chicken breast or take off the skin before cooking.
- Add nuts, seeds, or cooked egg slices to salad.
- Try garbanzo beans or kidney beans in salad.
- Enjoy split pea, lentil, or minestrone soup.

Nutrition Information

- Great healthy protein choices include: lean meat, skinless chicken and turkey, fish, dry beans and peas, eggs, nuts, and seeds.
- Healthy proteins are included in the meat and beans group from MyPyramid and provide lots of B vitamins, vitamin E, iron, and magnesium.
- Beans are a great source of protein and fiber.
- Healthy proteins are important for healthy skin, blood and muscles.
- Beans have more protein than most other vegetables.
- Choosing healthy proteins more often can help reduce the risk of diseases like cancer and heart disease.
- Nuts and seeds are a great source of protein and are healthy for your heart.



Cooking Tips for Healthy Proteins

- Trim fat from meat and chicken before cooking.
- Broil, grill, or roast meat, chicken, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Season meat, chicken, and fish with broth and herbs instead of using full fat gravies and sauces.

Trivia

- The average hen lays 270 eggs per year.
- One beef cow produces enough hamburger meat for 1,500 quarter pound hamburgers.
- It takes about 185 peanuts to make an 18-oz jar of peanut butter.
- North Dakota has over 475,000 acres used just for growing beans!
- Although commonly called a nut, the peanut is actually a legume more closely related to beans and lentils.

Where can we find recipes for healthy proteins?

- Check out the Arizona Nutrition Network website: www.EatWellBeWell.org or www.ComeSanoViveMejor.org (Spanish)
- Call 1-800-695-3335 and request recipes be mailed to your address