



Nutrition Week 4: Protein

Mini Bean-and-Cheese Quesadilla

- Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned, then wrap it in foil and stick in a plastic baggie for easy transport.

1/2 cup black beans, 1 tablespoon salsa, and 1 slice cheddar cheese in a small whole wheat tortilla: 17.9



+ [LEARN MORE ABOUT PROTEIN HERE!](#)



Making Wise Protein Choices:

- ◆ Choose beans, peas, or soy products as part of a meal.
- ◆ Choose unsalted nuts as a snack, on salads, or in main dishes.
- ◆ Choose lean or low-fat meat and poultry.



WSU
Employee
Nutrition

2017

Health Benefits:

1. Help improve muscle mass
2. Help manage weight by filling you up
3. Stabilize blood sugar levels
4. Help improve your mood
5. Promote health brain function and learning

DAILY PROTEIN FOODS TABLE

DAILY RECOMMENDATION*

	2-3 years old 4-8 years old	2 ounce equivalents 4 ounce equivalents
Children		
Girls	9-13 years old 14-18 years old	5 ounce equivalents 5 ounce equivalents
Boys	9-13 years old 14-18 years old	5 ounce equivalents 6 ½ ounce equivalents
Women	19-30 years old 31-50 years old 51+ years old	5 ½ ounce equivalents 5 ounce equivalents 5 ounce equivalents
Men	19-30 years old 31-50 years old 51+ years old	6 ½ ounce equivalents 6 ounce equivalents 5 ½ ounce equivalents

MYPLATE RECOMMENDS THAT YOU MAKE ABOUT 30 PERCENT OF YOUR PLATE A HIGH-QUALITY SOURCE OF PROTEIN AT EVERY MEAL.