

Healthy Hibben Challenge Week #9

Protein



According to the USDA Food Pyramid.....

Proteins are Beans, Eggs, Lean Meat and Fish

Meat, poultry and fish supply protein, iron and zinc. Non-meat foods such as dried peas and beans also provide many of these nutrients. **The Food Pyramid suggests 2 to 3 servings** of cooked meat, fish or poultry. Each serving should be between 2 and 3 ounces. The following foods count as one ounce of meat:

- One egg
- 2 tablespoons of peanut butter
- 1/2 cup cooked dry beans
- 1/3 cup of nuts

Choose lean meat, fish and dry beans and peas often because these are the lowest in fat. Remove skin from poultry and trim away visible fat on meat. Avoid frying these foods. Moderation is the watchword when it comes to nuts* because they are high in fat.

How big is one serving? About the size of the palm of your hand.

What about protein bars, drinks and powders?

Quoting from “The Eat-Clean Diet Recharged!” by Tosca Reno...

Question: When is a good thing no longer a good thing?

Answer: When that good thing becomes your default meal and you are eating too much of it.

If it tastes too good to be true, it probably carries a whopping dose of sugar and other strange ingredients (and usually if you cannot pronounce it, your body cannot easily process it!)

As Jillian Michaels, trainer for The Biggest Loser says, the more natural the food (aka not processed), the better. One of her rules of thumb is that if it has a mother or comes from the ground, it is in its most natural state, so go for those types of foods.