

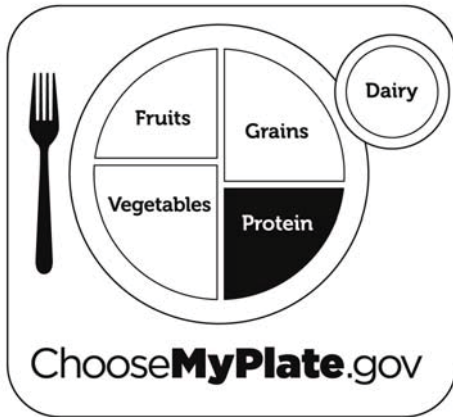
The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

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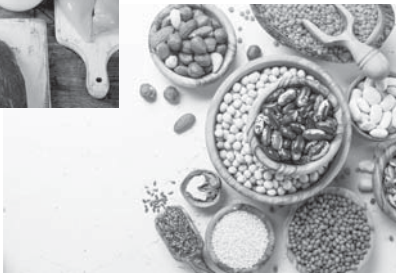
For more information about the Power Up Program, please call 1-800-215-7494.



Protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts and seeds) sources. We all need protein, but most Americans eat enough and some eat more than they need.

How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces of protein foods each day.



Protein Points

- Choose seafood twice a week.
- Make meat and poultry low in fat.
- Think small when it comes to meat options.
- Eat plant foods more often.
- Check the amount of sodium. Many canned beans and processed meats have a lot of added salt.
- Enjoy small amounts of nuts and seeds.
- Vary your protein choices.

Legumes

- Legumes are plants that have pods with tiny rows of seed and include beans, peas, lentils and peanuts.
- Immature legumes include: green beans, yellow and wax beans, green peas and snap peas. They are eaten when the seeds are small and the pods are tender.
- Mature legumes are allowed to dry and are harvested for the seeds in the pods.
- Mature legumes include black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans and split peas.

March

Wellness Corner Connection

Happy National School Breakfast Week!

A Power Up Educator teamed up with Pittsburgh Public School Phillips and the Greater Pittsburgh Community Food Bank to promote school breakfast during National School Breakfast Week (NSBW). The Food Bank generously donated ten \$15 gift cards that were raffled off to students who ate breakfast during NSBW. The school Food Service Manager gave out stickers to students eating breakfast to redeem for a fruit slushy at lunch time.

Breakfast participation numbers:

Monday: 133

Tuesday: 179

Wednesday: 181

Thursday: 178

Friday: 175



There was an average of 60 to 70 more students eating breakfast each day!

Recipe Of The Month: Baked Chicken and Vegetables

Ingredients

4 potatoes (sliced)

6 carrots (sliced)

1 onion (large, quartered)

1 chicken (raw, cut into pieces, bones and skin removed)

1/2 cup water

1 tsp thyme

1/4 tsp pepper



Directions

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for 1 hour or more until browned and tender.

Nutrition Information Per Serving - 1/6 of a recipe

Calories 485, Total fat 27g, Saturated fat 8g, Trans fat 0g, Cholesterol 94mg, Sodium 146mg, Carbohydrate 33g, Dietary Fiber 5g, Protein 27g,

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

What To Do With Beans?

Beans are naturally low in fat, high in fiber, a source of protein and budget friendly.

Add them to soups and stews.

Toss them in salads.

Enjoy them as a snack.

Roll them in a tortilla.

Mash them and make a bean spread.

Combine them in a casserole.

Mix them up and try different combinations of beans.

Ask your child for some ways the family can add more beans to the family meals.

Q: What do you get when two peas fight?

A: Black-eyed peas!