

Student Buzz on BWell...



PROTEIN: GET BACK TO BASICS!

Protein provides the building block of our bodies. It makes us healthy and strong, helping our body make blood, bone and new cells. It also provides fuel and energy we need to move and be active every day.

Not all proteins are created equal.

Experts recommend that we eat less lunch meat and chicken nuggets and more plant-based proteins, seafood and lean meats. Here's how:

- Vegetables like spinach, peas, corn, asparagus, Brussel sprouts, mushrooms and broccoli
- Nuts and nut butter (ex. peanut butter)
- Whole grains
- Fish
- Lean meats like chicken, turkey, pork and lean beef
- Eggs

April students BWell winners

Finley Flemming
Azariah Demerly
Kiley Smith

Gunner Mansfield
Ally Richmond
Kameron Schermerhorn

Which foods have protein?

Meats, dairy products (like cheese, yogurt and milk) and vegetables. Yes, vegetables!!! Especially spinach, peas, corn, asparagus, Brussel sprouts, mushrooms and broccoli.

How much protein should you eat?

The answer is in the palm of your hand! A palm sized portion of meat is 3 ounces. Combine this with a glass of milk and spoonful of peanut butter or hummus and you've probably got most the protein you need for the day.

Saginaw County  HEALTH DEPARTMENT

Saginaw County Community Resource Guide:
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>

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