

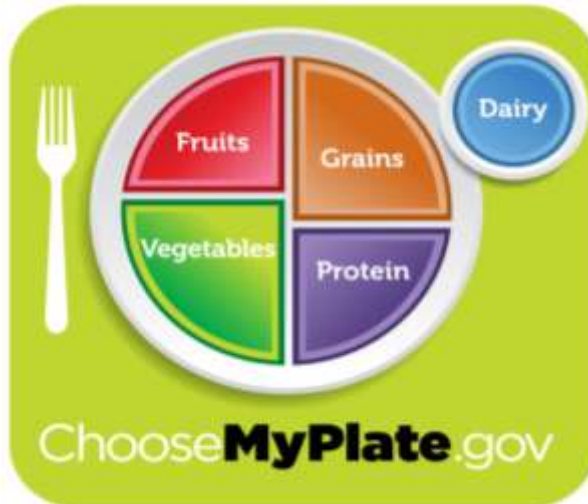
## High Protein Diet

Your child's doctor or dietitian recommends a diet high in protein. Protein is important to help the body heal and grow.

### What foods are in the protein food group?

Foods made from meat, poultry, seafood, beans and peas, eggs, soy, nuts, and seeds are part of the protein food group. There are also foods in the other food groups that contain protein. Each protein-containing food has different health benefits, so it is important to choose a variety.

### Use MyPlate to plan meals:



### Selection Tips:

Use the chart on the next page to pick the healthiest foods in each category. **Pay attention to the serving size.** Be sure to prepare your food in a healthy way.

### Preparation tips

- Grill, broil, or bake protein.
- Avoid adding extra fat from butter or oil during the cooking process. If you must use oil, use a small amount of olive or canola oil
- Rinse higher fat ground meats with hot water after cooking.
- Purchase canned seafood in water instead of oil

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**

Food	Serving Size	Protein Grams
<b>Meat</b>	<b>3-4 oz.</b>	<b>6-7g per oz.</b>
<ul style="list-style-type: none"> <li>• Beef – 80% or more lean (chuck, sirloin or ground round)</li> <li>• Ham – fresh or boiled</li> <li>• Pork – trimmed of fat, tenderloin or center loin chops</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken, white meat, remove skin</li> <li>• Turkey, white meat, remove skin</li> </ul>	
<b>Fish/seafood</b>	<b>3-4 oz.</b>	<b>5-6g per oz.</b>
<ul style="list-style-type: none"> <li>• Catfish</li> <li>• Cod</li> <li>• Crab</li> <li>• Flounder</li> <li>• Haddock</li> <li>• Halibut</li> </ul>	<ul style="list-style-type: none"> <li>• Lobster</li> <li>• Pollock</li> <li>• Salmon</li> <li>• Shrimp</li> <li>• Trout</li> <li>• Tuna</li> </ul>	
<b>Soy</b>	<b>½ cup</b>	<b>Varies – see below</b>
<ul style="list-style-type: none"> <li>• Tofu (20g)</li> <li>• Tempeh (16g)</li> <li>• Soybeans (17g)</li> </ul>	<ul style="list-style-type: none"> <li>• Soy milk (4g)</li> <li>• Veggie burger (1 patty = 15g)</li> <li>• Edamame (1/2 cup = 8g)</li> </ul>	
<b>Eggs</b>	<b>1 large</b>	<b>6g</b>
<ul style="list-style-type: none"> <li>• Egg whites (remove space) or egg beaters can be substituted for a fat-free option</li> </ul>		
<b>Milk</b>	<b>8 oz.</b>	<b>8g</b>
<ul style="list-style-type: none"> <li>• Choose skim or 1% dairy milk</li> <li>• Lactose-free milk (Lactaid©) is also available in fat-free or 1%</li> <li>• Low-fat powdered milk can be added to soups and casseroles (1 T = 3g)</li> </ul>		
<b>Yogurt</b>	<b>6 oz.</b>	<b>7-8g</b>
<ul style="list-style-type: none"> <li>• Choose low-fat or fat-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Greek yogurt has more protein (6 oz. = 17g)</li> </ul>	
<b>Cheese</b>	<b>1 oz.</b>	<b>6-7g per oz.</b>
<p>Choose low or reduced-fat options of the following:</p> <ul style="list-style-type: none"> <li>• American</li> <li>• String</li> <li>• Cottage (1/2 cup = 14g)</li> <li>• Parmesan (2 T = 4g)</li> <li>• Mozzarella</li> <li>• Swiss</li> <li>• Ricotta (1/2 cup = 14g)</li> <li>• Feta (2 T = 3g)</li> </ul>		
<b>Beans/Peas</b>	<b>½ cup cooked</b>	<b>8g</b>
<ul style="list-style-type: none"> <li>• Black beans</li> <li>• Chickpeas</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Bean burger (1 patty = 10g)</li> </ul>	<ul style="list-style-type: none"> <li>• Lima beans</li> <li>• Navy beans</li> <li>• Pinto beans</li> <li>• Split peas</li> </ul>	
<b>Grains</b>	<b>½ cup cooked</b>	<b>3-4g</b>
<ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Bulgur</li> <li>• Wheat germ (2 T = 4g)</li> </ul>	<ul style="list-style-type: none"> <li>• Steel cut oats</li> <li>• Bran</li> </ul>	
<b>Nuts/seeds</b>	<b>¼ cup</b>	<b>3-7g</b>
<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Cashews</li> <li>• Peanuts</li> <li>• Pecans</li> <li>• Pistachios</li> <li>• Flax seed (2T = 4g)</li> </ul>	<ul style="list-style-type: none"> <li>• Walnuts</li> <li>• Pumpkin seeds (2T = 2g)</li> <li>• Sunflower seeds (2T = 4g)</li> <li>• Chia seeds (2 T = 4g)</li> <li>• Peanut or other nut butters (2 T = 8g)</li> </ul>	