

USDA Foods Fit Protein

Protein foods include seafood, lean meats, poultry, eggs, beans, peas, and lentils, nuts, seeds, and soy products.



Many Americans meet the protein recommendations for meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Eating foods from these Protein Foods subgroups can help increase intake of important nutrients, including unsaturated fats, dietary fiber, and vitamin D.

Health Benefits

- Proteins are building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Varying your protein food choices can provide your body with a range of nutrients designed to keep your body functioning well.
 - **B vitamins** help build tissue and aid in forming red blood cells.
 - **Iron** can prevent anemia.
 - **Magnesium** helps build bones and supports muscle function.
 - **Zinc** can support your immune systems.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.



Source: [MyPlate.gov/eat-healthy/protein-foods](https://www.MyPlate.gov/eat-healthy/protein-foods)

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Commodity Supplemental Food Program

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Quick and Easy Recipes

3 Can Chili

Makes 6 servings

Ingredients

- 1 (15.5 oz) can beans, undrained (pinto, kidney red or black)
- 1 (15 oz) can corn, drained (or 10-ounce package of frozen corn)
- 1 (15 oz) can crushed tomatoes, undrained
- Chili powder (to taste)

Instructions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.



With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

Easy Tuna Casserole

Makes 4 servings

Ingredients

- 1 (10 $\frac{3}{4}$ oz) can condensed cream of mushroom soup
- $\frac{1}{2}$ cup of milk
- 1 cup vegetable, canned or defrosted
- 2 (6 oz) cans canned tuna, drained
- 2 cups cooked pasta

Instructions

1. Mix soup, milk, vegetable, tuna and cooked noodles in a large bowl.
2. Place in a casserole dish.
3. Bake at 400°F for 15 minutes.
4. Let cool 5-10 minutes before serving.



Customize the recipe to what you have on hand. Try the casserole with different vegetables such as peas or broccoli. Use different noodles including egg or spaghetti.



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