



## Protein: Not just a Supper Thing

### Background Information (optional):

- [Why Your Body Needs Protein](#)
- [Cleveland Clinic - Breakfast](#)
- [Why Breakfast is So Important](#)
- [Why Older Adults Should Eat More Protein](#)
- [Protein in Diet](#)
- [Harvard School: Protein](#)

### Behavior Goals

1. Participants will understand the importance of protein in snacks, as well as breakfast.
2. Participants will be able to voice examples of food sources of protein.
3. Participants will learn about examples of physical activity snacks.

### Meeting Preparation:

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
4. Determine how to transport and taste featured food tasting.
5. If the meeting is virtual, prepare ideas for how to engage participants in the recipe making process.
  - a. Prepare a grocery list for the recipe chosen that can be sent with newsletter for participants to purchase
  - b. Demonstrate recipe on video and direct participants to the recipe in the newsletter.
  - c. If conference call: create a conversation about the recipe: serving size, freezing instructions, tips, discussion on ingredients, nutrition etc.

*Continued on page 2*

The suggested wording for the presentation is in regular font and the facilitator directions are in ***bold, dark red italic.***

It's best not to read the presentation, but to use your own words, staying close to the meaning.

## Props:

1. Paper and Pen for participants

## Conversation

Welcome to Fresh Conversations! At our last meeting, we discussed blood health and how it relates to your diet. What stood out to you as interesting from our last meeting?

***Allow time for participants to answer. Examples: Foods that contain iron or Vitamin K, signs and symptoms of anemia, or how nutrition affects blood health.***

Did you try any new foods in an effort to get a specific nutrient out of the food?

***Allow time for participants to answer.***

## Introduction

Today we are going to talk about the importance of protein, specifically at breakfast and snacks. For many of us, we think about protein for lunch and supper. Our bigger meals usually revolve around some kind of protein or meat. For example, many of us enjoy grilling out in the summertime. The main course may be hamburgers, steaks, or chicken. Or maybe you host holidays at your house every year and you serve turkey, meatloaf or ham. It's easy to think about protein during those times but what about at breakfast? Or your snacks? Can you think of any examples of protein at your breakfast meals? How about your typical snacks?

***Allow time for participants to provide examples. (Breakfast: eggs, peanut butter, turkey bacon, yogurt; Snacks: Same options as breakfast, cheese, cottage cheese, milk, nuts, tuna).***

## Discussion

Let's start by doing a quick diet diary of what you ate yesterday. Using a pen and paper and starting with your first meal of the day, write down everything you ate yesterday. You will not need to share this with anyone and you will not be judged for your choices.

***Allow time for participants to complete.***

After discussing some examples of protein earlier, go through your day and circle the higher protein containing foods. Did you notice any meals or snacks that you did not have a source of protein?

***See if there are any similarities in participants' answers. Be prepared to share your diet diary if no one is comfortable sharing.***

So let's dig deeper into protein and why it is so important as a part of our diet. You have probably heard you should "eat more protein," or "this food is healthy because it is high in protein." But many times, we don't talk about why protein is so good for you. Sometimes it is best to go back to the basics. When we talk about foods, each food is made up of 3 macronutrients: carbohydrates, protein and fat. Your body needs a good balance of all three to keep it working properly.

There were nutrition guidelines created, called the Dietary Reference Intakes, which are used to plan and assess nutrient intakes of healthy people. These “reference intakes” were created to give healthy Americans guidelines to try to follow for their diet. According to these, each macronutrient (carbohydrates, fat, and protein) should be a certain percentage of your diet. Which do you think should be the largest part of your diet?

**Answer: Carbohydrates**

Carbohydrates are recommended to be 45-65% of your diet. Protein is recommended to be about 10-35% while fat should be about 20-35%. These are important because each person differs in how many calories they need in a day. Do you wonder what your current diet looks like? One idea would be to keep a food diary and write down everything you eat in a day. You can then use a phone app such as MyFitnessPal to enter all of the foods that you ate that day. Many of these tracking apps will show you the breakdown of your day in terms of what percentage you ate of each macronutrient. This can be a great place to start to see what your current diet looks like.

So now that we know protein is an important part of your diet, let’s talk about what protein actually does for your body. Let’s refer to page 2 of the newsletter to go over some of those things.

**Ask for a volunteer to read the 5 reasons why your body needs protein.**

In addition to these important functions, protein can also help you stay fuller longer. Think about what times of the day you are most hungry. It could be that you need to add a protein source to the meal or snack prior to that time. Protein can also help keep your blood sugar stabilized as well.

So the last important aspect of getting enough protein in your diet is timing! I could just eat a large steak for supper and I should be fine for the day, right? Well not so fast. Your body only uses a certain amount of protein efficiently at one sitting. Typically most experts recommend 15-25 g protein at one time. This is where the importance of protein at your breakfast and snacks comes into play. Adding protein to these times of the day can help you to meet your protein needs per day, stay fuller longer, and keep your diet as balanced as possible.

Let’s finish up with a fun game about breakfast to wrap up our protein talk.

1. I am a great source of protein, calcium, and add a twist to your breakfast. **Cheese**
2. What is the leanest breakfast meat? **Canadian Bacon**
3. This breakfast food contains about 50% fat. **Donut**
4. Unscramble this word: OTEELSRFV. **Leftovers (This could be an easy breakfast option)**
5. How might a person feel if they skip breakfast in the morning? **Tired, hungry, irritable, and could have trouble focusing or concentrating.**
6. True or False: Eating breakfast on the go is better than no breakfast at all. **True**

[https://deptapp08.drexel.edu/nutritioneducation/Website\\_Materials/FY18%20Curriculum/DU%20MS%20PDF%20NFS/2%20MS%20Breakfast%20Lesson%20rev%207%2015%20NFS%20\(2\).pdf](https://deptapp08.drexel.edu/nutritioneducation/Website_Materials/FY18%20Curriculum/DU%20MS%20PDF%20NFS/2%20MS%20Breakfast%20Lesson%20rev%207%2015%20NFS%20(2).pdf)

## Physical Activity:

Last month we discussed how important flexibility is to our physical health. What have people done for flexibility this month? Has anyone enjoyed stretching? Yoga? Tried the Iowa State University Extension and Outreach video? How did it make you feel?

***Facilitator should be prepared to talk about how they tried the video or other flexibility exercises.***

The Physical Activity Guidelines for Americans has three major recommendations.

1. Move 150 minutes a week.
2. Strength train two days per week.
3. Move more and sit less throughout the day.

The guidelines were updated in 2018 and the biggest update included a focus on all movement counts, not just bouts of more than 10 minutes. This means that any movement is important, not just activity sustained for more than 10 minutes at a time.

Adults who sit less and do any amount of physical activity gain some health benefits. All activity really does improve your health. We can't see our heart or other muscles getting stronger, but what are some of the benefits you notice right away when you're active?

- Feel more alert
- More energy
- Feel more able to accomplish a task or solve a problem

***Facilitators be prepared to share something if the participants are quiet.***

New evidence also shows that physical activity has immediate health benefits. For example, physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

All physical activity counts, some physical activity is better than none, and adults should move more and sit less throughout the day. How do you feel about incorporating physical activities into your day? Does this feel easy or difficult to you?

What are some ideas people have for adding physical activity snacks to their day?

- Taking the dog for a 10 minute walk
- Doing some easy body-weight exercises for 5 minutes during a commercial break
- Parking at the back of the parking lot and walking into the store
- Having a dance party in your kitchen with the grandkids for 5 minutes
- Walking for 10 minutes after dinner for "dessert"
- Tending to your garden for a few minutes
- Walking a few blocks to run a simple errand instead of driving.

All of these small segments of movement add up to a lot of physical activity. You might be surprised by how easy it is to be active when you try snacking on it. This month try keeping track of your activity for three days and see where you are at. Are there days it adds up to 30 minutes? Are there days where you could add in more physical activity snacks?

## Tasting Activities:

### 1. Vegetable Frittata (preferred):

- a. <https://spendsmart.extension.iastate.edu/recipe/vegetable-frittata/>
- b. Food Safety Tip: Never use metal utensils on nonstick, Teflon pans. This can cause flaking or chipping and in turn mix toxic compounds into your food. A better solution: Use wooden or plastic spoons.
- c. Could make recipe in muffin tin instead of large pan. Make sure to spray the tin with nonstick spray. Bake at 350 for 15-20 minutes or until set.
- d. This is a great option for breakfast or a snack.
- e. This is a good recipe to use any vegetables in your fridge, pantry or freezer.
- f. This is a good source of calcium from the milk and cheese.
- g. You can leave the leftovers in the refrigerator to use within 3 days.
- h. Eggs do contain dietary cholesterol but they are a good source of B vitamins such as choline. Also a good source of protein. Eggs can be a great addition to a healthy diet.

### 2. Crunchy Apple Roll Up

- a. <https://spendsmart.extension.iastate.edu/recipe/crunchy-apple-roll/>
- b. Leave the skin on the apple for more fiber!
- c. Choose a whole grain tortilla for fiber and protein. Always look at the label to be sure “whole” is the first word in the ingredient list.
- d. This is a great option for a snack or breakfast.
- e. Can substitute a different nut butter if you do not like peanut butter (almond butter, cashew butter, sunbutter)
- f. Could also substitute oats for the rice cereal for increased fiber.

## Take Action

This month try snacking on physical activity for a few days. Keep a log and see how much activity you are getting when you break it down into smaller pieces.

Think of a non-traditional breakfast option containing protein that you can add into your diet.

## Contact Us:

Find us on Facebook! "Fresh Conversations Community"

<https://www.facebook.com/groups/freshconversationscommunityidph>

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