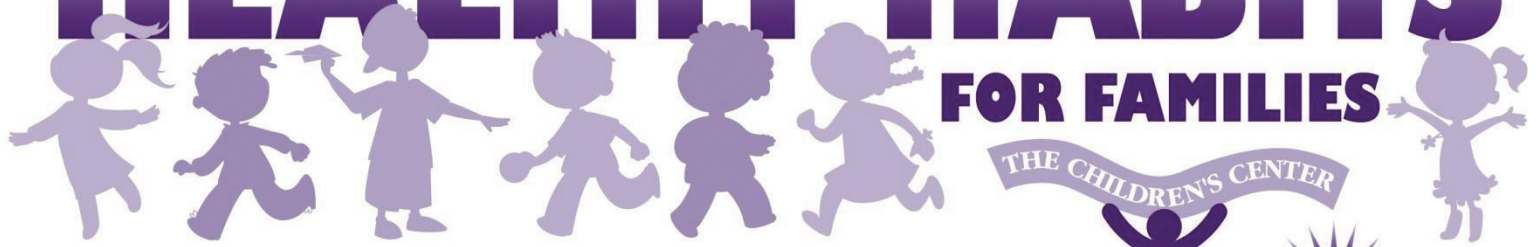


# HEALTHY HABITS



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THE CHILDREN'S CENTER



PARRISH  
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## Healthy Protein Alternatives to Meat

## Parent Tip Sheet #15

Going meatless once a week may reduce your family's risk of preventable conditions like cancer, cardiovascular disease, diabetes and obesity. Producing meat is also a big contributor to pollution, so eating less meat means healthier, cleaner air for your family to breathe!



**Alternative sources of protein include:** dairy, eggs, peanut or almond butter, nuts, beans, lentils, whole and sprouted grains, and green leafy vegetables (broccoli, spinach, romaine lettuce, kale).

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- ✓ Serving alternatives to meat provide an opportunity to introduce your child to new foods.
  - ✓ The amount of protein your child needs is based on his or her body weight. The average 3 year old needs about 20 grams every day, while the average 5 year old needs about 25 grams.
  - ✓ A slice of cheddar cheese has nearly 4 grams of protein.
  - ✓ Two slices of sprouted bread with peanut butter and jelly have about 20 grams of protein (5 in each slice of bread and eight for 2 tablespoons of peanut butter).
  - ✓ A meal that includes beans, quinoa, lentils, or orzo can easily be anywhere from 15-25 grams of protein. With just one meal, your child can reach the recommended daily allowance (RDA)!

**GOAL: Go meatless one day a week.**  
**Check out [www.meatlessmonday.com](http://www.meatlessmonday.com)**  
**for additional tips and ideas.**

**Don't have  
a cow!  
It's Meatless  
Monday.**



**Try This!**

### **Healthy Recipe: Tasty Tiny Tostadas**

Line up some mini whole-grain basket-shaped tortilla chips and fill them with vegetarian nonfat refried beans. Toss in a few black beans for even more protein, fiber and texture, and sprinkle on a little reduced-fat cheese. Bake or microwave your tostadas until the cheese melts, then top each basket with diced tomatoes or mild salsa.

***Did you know?* A banana is the perfect grab-and-go snack – packed with nutrients, and rich in fiber. Bananas also contain a good source of potassium, vitamin C, vitamin B6.**



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