

# Investigating Your Health: Healthy Proteins

Name: \_\_\_\_\_

**Objective:** Investigate lean sources of protein by comparing different kinds of ground meat and their nutritional composition (e.g. grams of fat per serving).

Meat, fish, and poultry are members of the protein group and provide important nutrients for your body including protein, B vitamins, vitamin E, iron, zinc, and magnesium. **Proteins** are large molecules made of one or more long amino acid chains. The protein you eat is important for your muscles, bones, skin, and blood. When choosing meat, fish, and poultry products it's important to pay attention to the fat content. You should pick lean (low in fat) sources. Ground beef should say extra lean or at least 90% lean. Choose skinless chicken, or take the skin off before

you eat it. Pick low fat lunch meats like lean ham, turkey, or roast beef instead of bologna or salami. Choosing meats with no breading will reduce the amount of calories you eat. Breaded meat (e.g. chicken nuggets) also soaks up more fat while it is being fried. Fatty meats have higher amounts of saturated fat and can raise your blood cholesterol. Fatty meats also have more calories. You should try to limit or avoid fatty meats. You can do this by choosing or preparing meat that is grilled or baked without breading or extra fat. Eat 5-6 ounces of protein from multiple sources every day for good health! For protein, we want the right amount, not too little and not too much. See below for some examples. Use the *Try This at Home* recipe to make a meal with healthy proteins!



Approximate Weights		
MEAT	1 small steak	3 ½ - 4 ounce equivalents
	1 small lean hamburger	2-3 ounce equivalents
FISH	1 can of tuna, drained	3-4 ounce equivalents
	1 salmon steak	4-6 ounce equivalents
POULTRY	1 small chicken breast half	3 ounce equivalents

## PART A: Comparing Meats

1. Go to the grocery store and look at the Nutrition Facts Label of 73% ground beef, 93% lean ground beef, and 93% lean ground turkey. If you are unable to go to the grocery store, use the handout provided by your teacher or access the nutrient database on USDA's website: <http://ndb.nal.usda.gov/ndb/search/list>. Complete the Nutrition Facts Labels below.

73% Ground Beef

93% Lean Ground Beef

93% Lean Ground Turkey

Nutrition Facts	Nutrition Facts	Nutrition Facts
Serving Size _____	Serving Size _____	Serving Size _____
Calories _____	Calories _____	Calories _____
Total Fat _____	Total Fat _____	Total Fat _____
Sodium _____	Sodium _____	Sodium _____
Total Carbohydrates _____	Total Carbohydrates _____	Total Carbohydrates _____
Dietary Fiber _____	Dietary Fiber _____	Dietary Fiber _____
Sugars _____	Sugars _____	Sugars _____
Protein _____	Protein _____	Protein _____
Vitamin A ____% Vitamin C ____%	Vitamin A ____% Vitamin C ____%	Vitamin A ____% Vitamin C ____%
Vitamin E ____% Calcium ____%	Vitamin E ____% Calcium ____%	Vitamin E ____% Calcium ____%
Iron ____% Thiamin ____%	Iron ____% Thiamin ____%	Iron ____% Thiamin ____%
Niacin ____% Folate ____%	Niacin ____% Folate ____%	Niacin ____% Folate ____%
Vitamin B <sub>12</sub> ____% Zinc ____%	Vitamin B <sub>12</sub> ____% Zinc ____%	Vitamin B <sub>12</sub> ____% Zinc ____%
Magnesium ____%	Magnesium ____%	Magnesium ____%

2. Before you begin, compare the serving size for each label. If the serving sizes are different, use the space below to standardize each label so that you can compare their nutritional content. Ask your teacher for help if you have to standardize your labels.

73% Ground Beef

93% Lean Ground Beef

93% Lean Ground Turkey

Nutrition Facts	Nutrition Facts	Nutrition Facts
Serving Size _____	Serving Size _____	Serving Size _____
Calories _____	Calories _____	Calories _____
Total Fat _____	Total Fat _____	Total Fat _____
Sodium _____	Sodium _____	Sodium _____
Total Carbohydrates _____	Total Carbohydrates _____	Total Carbohydrates _____
Dietary Fiber _____	Dietary Fiber _____	Dietary Fiber _____
Sugars _____	Sugars _____	Sugars _____
Protein _____	Protein _____	Protein _____
Vitamin A ____% Vitamin C ____%	Vitamin A ____% Vitamin C ____%	Vitamin A ____% Vitamin C ____%
Vitamin E ____% Calcium ____%	Vitamin E ____% Calcium ____%	Vitamin E ____% Calcium ____%
Iron ____% Thiamin ____%	Iron ____% Thiamin ____%	Iron ____% Thiamin ____%
Niacin ____% Folate ____%	Niacin ____% Folate ____%	Niacin ____% Folate ____%
Vitamin B <sub>12</sub> ____% Zinc ____%	Vitamin B <sub>12</sub> ____% Zinc ____%	Vitamin B <sub>12</sub> ____% Zinc ____%
Magnesium ____%	Magnesium ____%	Magnesium ____%

3. Compare the Nutrition Facts Labels of the 93% Lean Ground Beef and the 93% Lean Ground Turkey label. What is similar? What is different?

4. Compare the Nutrition Facts Label for the 93% Lean Ground Beef to the 73% Ground Beef label. What is similar? What is different?

5. Compare the three Nutrition Facts Labels. Which protein source is a healthier option? Why?