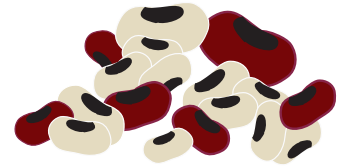


Protein Selections

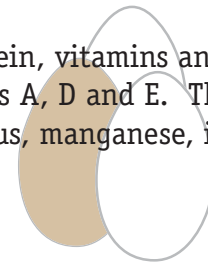
Meat Alternatives:

- Are good sources of protein at reasonable prices
- Provide fiber, vitamins, minerals, no cholesterol and the good type of fats that help lower blood cholesterol
- Help save money on our food budgets
- Help stretch meat sources in our diets
- Add variety to our diet

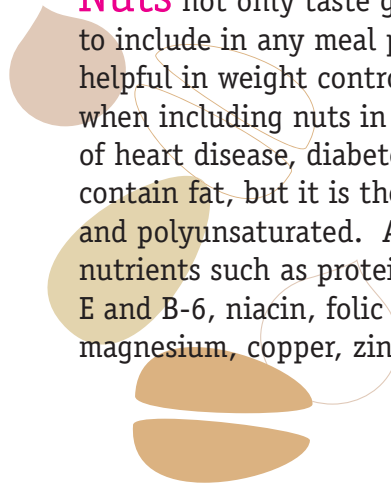
Beans can be called nature's nutrition-packed energy food because they are rich in many nutrients—complex carbohydrates, protein, fiber, folic acid and potassium. They are low in cost, calories, sodium (unless you add the salt) and contain no cholesterol.



Eggs are a good source of protein, vitamins and minerals. They are good sources of vitamins A, D and E. The minerals contained in eggs are phosphorous, manganese, iron, iodine, copper, calcium and zinc.



Nuts not only taste great, they're convenient and are easy to include in any meal plan. They are filling, which can be helpful in weight control. Portion size is very important when including nuts in your diet. Nuts may reduce the risk of heart disease, diabetes and some types of cancer. Nuts do contain fat, but it is the good kind of fat – monounsaturated and polyunsaturated. All nuts are cholesterol free and full of nutrients such as protein, fiber, phytochemicals and vitamins E and B-6, niacin, folic acid, potassium and the minerals magnesium, copper, zinc, selenium and phosphorous.



Textured vegetable protein is a meat substitute made from defatted soy flour, a by-product of making soybean oil. It is quick to cook, high in protein and low in fat.

Tofu or bean curd, is a food of Chinese origin, made by coagulation soy milk and then pressing the resulting curds into blocks. The making of tofu from soy milk is similar to the technique of making cheese from milk.



Combining plant proteins

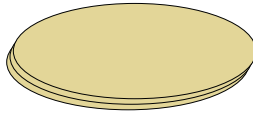
When plant foods are combined with other plant foods, the protein from the combination is better or more complete for your body to use.

Here's how to combine two plant foods:



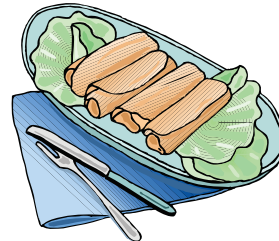
Beans

+



Flour Tortilla

=



Bean Burrito

Save money on protein foods: use low-cost combinations. Dry beans, rice noodles, tortillas and vegetables often cost much less than meat.

Combine the foods below to make a low-cost protein combination:

1 1/2 oz natural cheese	+	1/2 cup of rice
1 cup refried beans	+	1 tortilla
4 tbsp peanut butter	+	2 slices bread
2 oz of American cheese	+	1/2 cup of macaroni or other pasta
1 cup cereal	+	1 cup of milk
1/2 cup of cooked vegetables	+	1/2 cup of nuts
1 cup Great Northern (navy) beans	+	2-inch cube of corn bread

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This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com

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