



CS7

Pick a Protein Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

RVideo - [Broccoli and Cheese Egg White](#)

RArticle - [Vegetarian, Vegan and Meals without Meat](#)

RInfographic - [Protein Portion](#)

Find these resources in this lesson

RRecipe - [Broccoli and Cheese Egg White](#)

RHandout - [Vegetarian, Vegan, and Meals Without Meat](#)

RHandout - [Protein and Heart Health](#)

RHandout - [Protein Portion Infographic](#)

RHandout - [Setting SMART Goals](#)

SPACE SETUP

R Chairs and tables for participants

R Demo table

R Pens for participants

R Folders

R Computer, internet access and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

R 1/2 cup water

R 1/4 cup water

R 9 large egg whites or 1 1/4 cups egg white substitute

R 1/2 cup fat-free milk

R 1/4 teaspoon ground black pepper

R 1/2 cup shredded, fat-free Cheddar cheese (available), split and toasted

R 1/4 cup shredded, fat-free Cheddar cheese

R Toaster/toaster oven (to toast the English Muffins)

R Sauté pan

R Cooking spray

R Spoon (for stirring)

R Spatula

R Whisk

R Large bowl

R Plates (for serving)

R Forks (for tasting)

R Knives



Pick a Protein Activity Script

Divide participants into teams to practice cooking an easy and nutritious meatless meal, incorporating a few of the major healthy food groups.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

Today, we are going to make a meatless breakfast meal packed with protein and vitamins. You can substitute almost any vegetable you have on hand for the broccoli, including red bell peppers, green beans, zucchini or button mushrooms.



After cooking the dish, divide it onto plates and share it with your team.

Broccoli and Cheese Egg White Scramble

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Per serving: 139 Calories; 0.0 g Saturated Fat; 338 mg Sodium

This egg white scramble is a great way to get vitamin-packed broccoli onto your breakfast table. If you're pressed for time in the morning, buy a whole crown of broccoli.

INGREDIENTS

1 Tbsp cooking spray

1/4 cup water

9 large egg whites or 1 1/4 cups egg white substitute

1/2 cup fat-free milk

1/4 teaspoon pepper (freshly ground preferred)

1/4 cup parmesan cheese

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Vegetarian, Vegan, and Meals Without Meat

Incorporating nutritious plant-based meals in your eating plan can help lower your cholesterol and improve your heart health. And unlike a strict vegan or vegetarian diet, mixing in some meatless meals won't require you to give up your carnivorous ways.

WHAT'S THE DEAL WITH MEATLESS MEALS?

Well, it seems that leaving out the meat is good for you. In fact, it could help lower your cholesterol and

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Protein and Heart Health

PROTEIN DOMINATES OUR PLATES, BUT DO WE REALLY NEED SO MUCH?

Many Americans continue to the Great Depression, when protein — especially meat — was unaffordable by many families. And in parts of the world where poverty levels are still high, the ability to enjoy meat with a meal is considered a symbol of

Even as prices for meat have fallen, it continues to be associated with leading many families to make it part of every meal, said Judith Wylie-Rosett, a nutritionist and registered dietitian at the Albert Einstein College of Medicine of Yeshiva University in the Bronx, N.Y., and an AHA volunteer on the Nutrition Committee. “People think they won’t feel full if they don’t eat meat,” Dr. Wylie-Rosett said.

WHAT’S THE HARM IN GETTING TOO MUCH PROTEIN?

The main problem is that often the extra protein is coming from meats high in saturated fats, which can add to elevated cholesterol levels of the LDL — or “bad” — cholesterol. And, Dr. Wylie-Rosett says, eating more protein is coming at the expense of other food groups that most Americans struggle to get enough of. “If people would just eat the recommended servings of fruits and vegetables, we’d be full on low-calorie foods,” she said.

HOW MUCH PROTEIN DO YOU ACTUALLY NEED?

Think every meal should include protein? Actually, most of us are getting far more protein than we actually need — especially when it comes to meat — thanks to a variety of cultural factors.

The actual recommended daily

protein intake (RDA) is 46 grams (g) for men and 46 grams (g) for women.

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
