FLEX YOUR GAINS AND YOUR BRAIN!

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Tips For Families

- Proteins are the building blocks of everything in our body. They are found in our skin, organs, cells, immune system, blood, muscles, and so much more!
- While proteins are complex structures, they are all made up of small component parts (think of beads or Legos) called Amino Acids. It is the combination of these amino acids that determines the function and form of the proteins in our bodies.
- There are 20 important amino acids our body needs to function properly; our bodies can produce 11 of the needed amino acids by themselves, but 9 of them are considered essential- meaning we must get them from our diet.
- Certain foods are considered to be complete proteins, meaning they contain all 9 essential amino acid building blocks. Examples of these foods include meat, poultry, fish, pork, dairy, eggs, quinoa, soy, chia seeds, buckwheat, and nutritional yeast.
- Foods that contain some or most of the needed amino acids are called incomplete proteins. These are plant-based sources of proteins such as nuts, seeds, grains, and legumes. However, by combining these incomplete proteins in a complementary manner, you can make a complete protein! A perfect example is a peanut butter sandwich (legume + grain).
- A popular misconception about proteins is that they can only be found in animal products and that people who follow vegetarian or vegan diets cannot meet their needs. This is false, as noted above; while most plant-based proteins are incomplete, they can be combined to form the complete proteins needed by our bodies.
- Another myth surrounding protein is that we need to consume a lot of protein-packed foods to meet our daily need. Most people (who are in good health) need less than 100g of protein per day. To find your daily requirement, multiply your weight in kilograms by a factor of 0.8g/kg.
- For those individuals wishing to gain muscle mass or "bulk" the recommendation would be to multiply your weight in kilograms by a factor of 1.6g/kg to 2g/kg. You do not want to increase your intake too much, otherwise you risk missing out on some of the other important nutrients needed for muscle mass growth.
- Just like too much sugar can be bad for our bodies, too much protein can also be detrimental to our health. High amounts of protein ingested daily over long periods of time can cause us to have an increased risk of acute kidney damage, kidney stones, GI discomfort, and cardiovascular disease.
- While it is difficult to over-consume proteins by eating whole foods, the danger is in the overconsumption of supplements such as protein powders and shakes.
- Proteins, like every other nutrient, are part of a balanced diet! Enjoy your lean proteins (animal or plant-based) in any way you like!

Test Your Protein Knowledge

STATEMENT	TRUE OR FALSE
Protein only comes from animal products (such as meat)	True or False
Most people need to consume more than 100g of protein	True or False
Every cell in our body needs protein to function	True or False
The calculation for protein requirement is .8 x weight in kg	True or False
Protein is our body's main source of "energy"	True or False
Vegetarian diets lack in protein sources	True or False

1 **FALSE**: WHILE PROTEIN IS MOST ABUNDANT IN ANIMAL PRODUCTS LIKE MEAT, CHEESE, AND DAIRY,NON-ANIMAL PRODUCTS (NUTS, SEEDS, BEANS...ETC.) ALSO CONTAIN PROTEIN. 2 **FALSE**: THERE IS NO ONE-SIZE FITS ALL APPROACH TO CALCULATING/ESTIMATING OUR INDIVIDUAL PROTEIN NEEDS. 3 **TRUE**: PROTEINS CAN BE FOUND IN EVERY CELL. WITHOUT PROTEINS OUR BODY WOULD NOT BE ABLE TO FUNCTION. ONE OF THE MAIN RESPONSIBILITIES OF PROTEINS IS THE REGULATION OF DNA. 4 **TRUE**: THE CALCULATION FOR INDIVIDUAL PROTEIN REQUIREMENTS IS .8 X YOUR WEIGHT IN KG. 5 **FALSE**: WHILE PROTEINS ARE ESSENTIAL TO HEALTH AND PROPER NUTRITION, PROTEINS ARE NOT OUR MAIN SOURCE OF "ENERGY". OUR BODIES RELY ON CARBOHYDRATES FOR "ENERGY". 6 **FALSE**: JUST BECIASE SOMEONE DOES NOT EAT MEAT, DOES NOT MEAN THAT THEY ARE NOT GETTING ENOUGH PROTEIN FROM THIER DIETS. REMEBER THAT PROTEIN IS FOUND IN EGGS, DAIRY, NUTS, SEEDS, TOFU, AND MORE!

Match The Complementary Proteins!

Complete proteins are foods that contain all 9 essential amino acids. Incomplete proteins are foods that only contain some of the 9 essential amino acids. However, when you combine incomplete proteins in a complementary manner they become complete!

Matching Guide:

Grains + Legumes
Legumes + Seeds
Nuts + Legumes

Foods

Using the foods below, create meal combinations to ensure that each meal contains a complete protein!

Pinto Beans	*Brown Rice*	*Lentils*
Peanut Butter	*Tortillas*	*Puffed Rice Cereal*
Pumpkin Seeds	*Whole Wheat Crackers*	*Popcorn*
Whole Wheat Bread	*Pita Chips*	*Rice Cakes*
Peas	*Chickpeas*	*Oatmeal*
Almonds	*Sunflower Seeds*	*Whole Wheat Pancakes*
Humus	*Black Beans*	*Whole Wheat Waffle*
Whole Wheat Pasta	*Whole Wheat Tortilla*	*Hazelnut*
Oats	*Corn*	*Pistachios*

List some meal and snack ideas below! You can use fruits and veggies not found on the lists above:

How Much Protein Do You Need?

Did you know that you only need a moderate amount of protein everyday to sustain adequate nutrition? Here is the calculation to determine how much protein you need in a day .08 x your weight in kilograms. To get your weight in kilograms divide your weight in pounds by 2.2! Let's use that knowledge to see if the following person is meeting their daily protein requirement

Calculate Joe's daily protein needs using the following information. Joe is 19 years old and weighs 150lbs.

What is Joe's weight in kilograms?

_____lbs. ÷ 2.2 = _____kg.

What is Joe's recommended daily protein requirement?

_____kg. x .08 = _____grams

This is what Joe ate today. Did he meet his needs?

Breakfast
1 Bowl of Cinnamon Toast Crunch (4 grams of protein)
1 Medium Banana (1.3 grams of protein)
1 Glass of Orange Juice (1.6 grams of protein)

Lunch
1 Peanut Butter & Jelly Sandwich on Whole Wheat Bread (15 grams of protein)
1 Cup of Blueberries (1.7 grams of protein)
1 Cup of Baby Carrots (1.1 grams of protein)
Water (0 grams of protein)

Dinner
1 Chicken Breast (43 grams of protein)
1 Cup of Broccoli (2.8 grams of protein)
1/4 Cup Rice (1 gram of protein)
Water (0 grams of protein)

Dessert
1/2 Cup of Ice Cream (2.5 grams of protein)

Total Grams of Protein Joe ate today _____grams

Did he meet his requirement? Were you surprised by the amount of protein Joe ate all day? Try and calculate how much protein you eat in a day!

FREE Kindness and Bullying Prevention Information Available

ANTI-BULLYING INSTITUTE
RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION
RMCcharity.org

Health Apps

Helping you with your journey.

Protein Pal allows you to track your protein intake throughout the day to help you achieve your goals. You set a default target amount of protein and then add protein as you go. You can also set the target for a specific day. You can step back through the history of your protein intake and encourage habits over time.

NICE TO MEAT YOU Word Search

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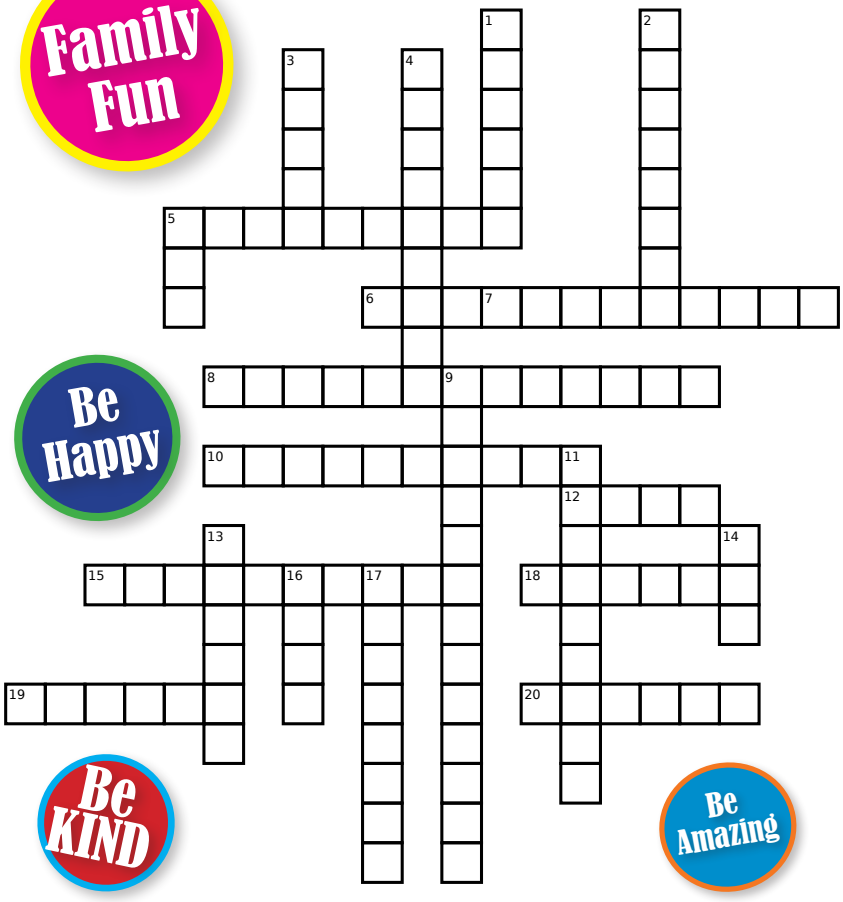
Amino Acids
Complimentary
Peptides
Muscles
Lean
Building
Healing
Immunity
Structure
Strength
Physical
Enzyme
Animal
Plant
Complete
DNA
Legumes
Meat
Beans
Soy
Dairy

Created by Puzzlemaker at DiscoveryEducation.com

Egg-cellent Crossword Puzzle



Down

1. There are two types of protein sources: plant & _____
2. The most abundant protein in our body that makes up connective tissue, blood vessel linings, muscles, and much more.
3. The blood cells that are responsible for our immune system response.
4. An all-meat diet that can lead to certain nutrient deficiencies and health complications in the long-term.
5. This food provides a great easily digestible form of protein that is gentle on our digestive system.
9. The class of nutrients protein belongs to.
11. One of the main functions of proteins is to provide our body with _____ (i.e. keratin and collagen).
13. Protein _____ should be used responsibly to avoid overconsumption.
14. Excess protein cannot be stored in our body or muscle tissue and is instead stored as _____.
16. Consume more of these proteins in your diet (i.e., fish, chicken, turkey).
17. A side effect of consuming too much protein.

Across

6. The 11 amino acids our body can make for itself.
7. The 9 amino acids our bodies need from our diet to function properly.
8. If the food does not contain all the needed amino acids, it can be combined with a _____ protein.
10. The building blocks of all proteins.
12. A soy product that is a complete protein.
15. The protein found in our blood that ensures oxygen is transported to our cells.
18. One of the few complete plant-based proteins.
19. A protein that speeds up certain biological processes like those found in our saliva that help to break down carbohydrates.
20. Something you work out in the gym.

Build Healthy & Strong Muscles!

Regular exercise and physical activity helps to build our muscle strength. While protein is important for the building blocks of muscles, physical activity is important for maintaining our muscles strength and health. Try to get at least 60 min of physical activity per day! Color the activities you've done!

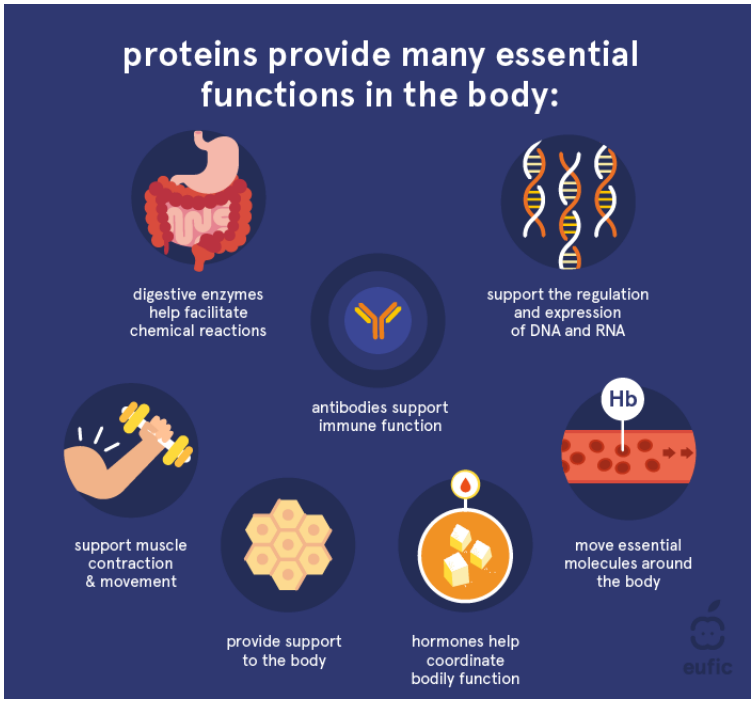
Sort The Proteins!

Sort the proteins into either lean or non-lean categories! Lean proteins contain less saturated fats (animal fat) then non-lean proteins. Consume more lean sources and non-lean!

Peanut Butter, Whole Milk, Bacon, Steak, Chicken Breast, Pepperoni, Breakfast Sausage, Turkey, Pork Tenderloin, Salmon, BBQ Chicken Wings, Black Beans, Peas, Tofu, Butter, Almonds, Cod, Eggs, Non-Fat Greek Yogurt, Lean Ground Beef, Cheese, Chickpeas, Broccoli, Quinoa

Lean

Non-Lean



Discover Proteins

Color in the plant based proteins green and the animal proteins red.

Milk	Almonds	Yogurt	Black Beans
Quinoa	Chicken Breast	Oats	Brisket
Peanut Butter	Tofu	Cheese	Tempeh
Salmon	Chickpeas	Turkey Breast	Pumpkin Seeds

Make Your Own Fresh Milk Cheese

Did you know that the basis for cheesemaking is simply denaturing the proteins in milk to form curds and whey? Although we can't see the proteins in milk when we pour it into a glass or bowl, when we add acids to the milk we can see the proteins coagulate into curds. You can try it at home and in the process create your own fresh milk cheese!

Materials Needed:

Half-Gallon of Whole Milk
2/3 Cup of Distilled White Vinegar
1 Tbsp Apple Cider Vinegar
1.5 Tsp Kosher Salt
Food Thermometer

Instructions:

1. In a medium skillet, heat milk over medium heat until it reaches the desired temperature of 170 degrees. While the milk is heating, make sure to stir constantly to avoid scorching the milk .
2. Once the desired temperature of 170 degrees is reached, remove from heat and stir in the distilled and apple cider vinegars. Make sure to mix in well. Set the milk mixture aside to rest for 30 to 45 minutes.
3. After the resting period has elapsed, take a butter knife and begin to cut through the curd. Get the curd to a nice medium size consistency.
4. Using a slotted spoon, transfer the curd into a cheesecloth lined colander. Mix in the Kosher salt and stir to incorporate evenly. Let curd sit in cheese cloth for about 30 minutes to drain.
5. Once 30 minutes has elapsed, gather the cheese cloth and tie off with twine or twist ties. Hang cheesecloth over a bowl or over your sink to drain once more.
6. After 30 minutes of draining, unwrap the cheese from the cloth and form into a 1 inch thick flattened disk. Place disk in a colander for an additional 30 minutes to drain one final time.
7. Refrigerate cheese in a airtight container and enjoy!

Enjoy cheese in quesadillas, nachos, enchiladas, tacos, beans, soups, and more!

How To Make Your Own Energy Ball!

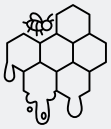
Follow the steps below to make your own protein packed Energy Balls! These make for a great breakfast on-the-go or for a wholesome snack!

1/2 Cup Peanut Butter

1/2 Cup Dark Chocolate Chips

1 Cup Rolled Oats

1 Ripe Mashed Banana



Sweetener of your choice (if desired)

Roll into balls and store in the refrigerator