



LESSON 3

NOURISH YOUR RELATIONSHIPS
AND YOUR BODY

Lesson 2 Review

My name is : _____

Reminder: An "I" statement uses the format

1. "I can be more _____ by _____"
2. "I feel _____ when _____ because _____"

PLEASE WRITE A NEW "I" STATEMENT

LATELY I FEEL

- MORE PASSIVE
- MORE AGGRESSIVE
- MORE ASSERTIVE

I'M MANAGING MY
STRESS BY:

MY FAVORITE DAIRY
FOODS ARE

MY SUGAR INTAKE HAS
BEEN:

- MORE THAN USUAL
- LESS THAN USUAL
- ABOUT THE SAME

MY RELATIONSHIPS

NAME: _____



• I am grateful for these people in my life:

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• Those people are important to me because:

Three horizontal lines for writing inside a light blue rounded rectangular box.

• To me, qualities of a good relationship are:

Three horizontal lines for writing inside a light blue rounded rectangular box.


• To me, qualities of a bad relationship are:

Three horizontal lines for writing inside a light blue rounded rectangular box.


Name: _____

My Vision Board

Your responses can be words, phrases, drawings, or pictures!




my hopes and goals
for the future



things I want to
teach my child



foods and recipes I
want to become
"family favorites"



reasons why my
health is important



PROTEIN

My name is : _____

My favorite proteins to eat at different meals are:

Breakfast



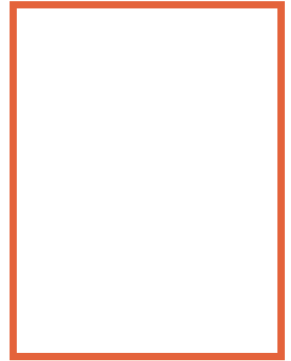
Lunch



Dinner



Snacks



MEAT

- beef
- ham
- lamb
- goat
- pork
- chicken
- turkey
- duck
- sausage
- hot dogs

Eggs

- chicken eggs

Bean/Peas

- bean burgers
- black or kidney beans
- chickpeas or hummus
- edamame
- fava or lima beans
- pinto beans
- white beans
- lentils
- split peas

Soy Products

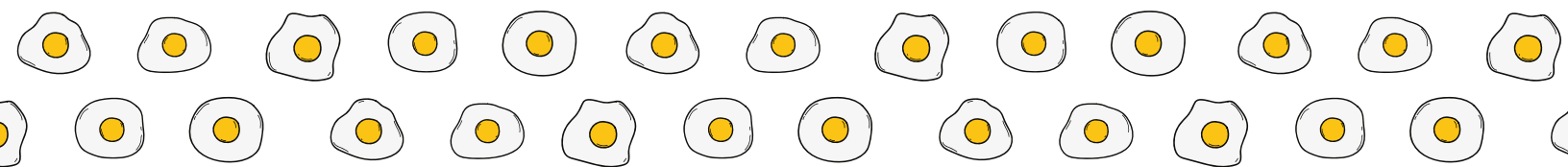
- tofu
- tempeh
- veggie burgers

Nuts and Seeds

- almonds or almond butter
- cashews or cashew butter
- chia seeds
- peanuts or peanut butter
- pecans or pistachios
- pumpkin, sesame, or sunflower seeds
- walnuts

Seafood

- tilapia
- salmon
- tuna
- catfish and other finfish
- shrimp and other shellfish





Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.