

## **POWER PACKED PROTEIN**

What is protein? Protein is found throughout the body – in every muscle, bone, skin, hair, nails and virtually every other body part and tissue. Twenty or so basic building blocks, called amino acids, make up each protein. Because the body doesn't store amino acids like it does fat and carbohydrates, we need a constant supply of amino acids to make new proteins. How much protein we need depends on a person's age, activity and weight. However, as a general rule of thumb a 120 pound woman needs about 60g of protein per day and a 180 pound man needs approximately 90g of protein per day.

For better health, choose your protein packed with the least saturated fat and sodium whenever possible. For instance, a 4 oz serving of canned tuna provides about 25g of protein and very little fat or sodium and is a better choice than a 4 oz hamburger, which provides about 18g of protein but lots of saturated fat and sodium.

Protein foods, along with carbohydrates and good fats, are an important part of a balanced diet. Did you know that scientists have shown that kids who eat protein and less sugary cereals in the morning do better in tests and learning in school? Peanut butter on toast or an egg with toast would be great fuel for growing minds!