

APRIL 2020

Power Up Program

Here's what's going on this month!

Dear Parents and/or Guardians,

This month we are discussing the Protein group and Digestion.
For the Protein group we will be talking about different Protein foods like:

- lean meats
 - eggs
- seafood
 - nuts
 - seeds
 - beans

We will be discussing why we need to eat Protein foods and what part of our body they help.

For Digestion, we will be discussing how we digest foods and we will talk about Fiber*.

We will go over the order we digest food:

- Mouth
- Esophagus
- Stomach
- Small Intestine
- Large Intestine.

If you would like to sign up for a monthly newsletter sent straight to your email, then head on over to our website powerupeatright.com and click *Adults then *Caregivers. At the bottom it will give you the option of signing up!



Protein Daily Recommendation* in Ounce-Equivalents

Children

2-3 yrs 2 oz-equiv
4-8 yrs 4 oz-equiv

Girls

9-13 yrs 5 oz-equiv
14-18 yrs 5 oz-equiv

Boys

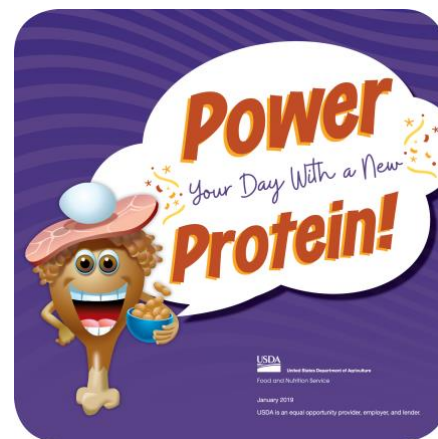
9-13 yrs 5 oz-equiv
14-18 yrs 6 ½ oz-equiv

Women

19-30 yrs 5½ oz-equiv
31-50 yrs 5 oz-equiv
51+ yrs 5 oz-equiv

Men

19-30 yrs 6½ oz-equiv
31-50 yrs 6 oz-equiv
51+ yrs 5½ oz-equiv



FIBER IS YOUR FRIEND!

Fiber is the part of plant foods that is not digested by the human body.

Where can you find fiber?

Fiber is in whole plant foods, like: Fruits, Vegetables, Whole Grains, Beans, Peas, Lentils, Nuts, and Seeds.

Soluble Fiber, found in oatmeal, peas, beans, carrots, apple, and oranges, helps lower blood cholesterol, helps control blood sugar, and makes you feel full after a meal.

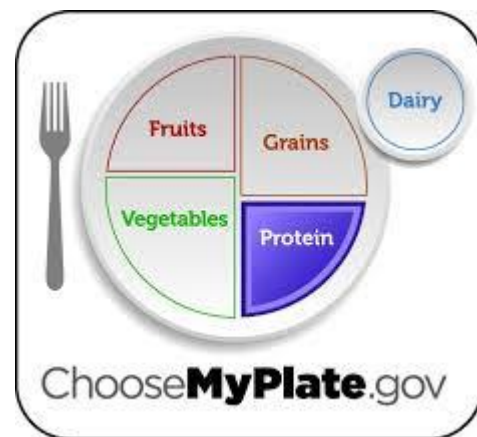
Insoluble Fiber, found in fruits, vegetable, beans, brown rice, and wheat bran promotes GI health and prompts normal laxation.

Experts recommend adults should try to get 25-38 grams a day.

- A high-fiber diet has many health benefits, including a decreased risk of Heart disease, Diabetes, and Cancer.

Tips for choosing Protein foods

- Vary your protein food choices.
- Eat plant protein foods more often – try beans, peas, or nuts. They are lower in saturated fat and high in fiber.
- Choose nuts or seeds. – unsalted nuts or seeds are a good replacement for a snack, on a salad, or to replace a meat.
- Try grilling, broiling, roasting, or baking – they don't add extra fat.



Websites:

- <https://www.powerupeatright.com/>
- <https://adagiohealth.org/>
- <https://www.choosemyplate.gov/>

