

PATCH Food Program Newsletter

August 2021



Protein

Daily Protein Recommendation		
Toddlers	12 to 23 mos	2 oz-eq
Children	2-4 yrs	2 to 5 oz-eq
	5-8 yrs	3 to 5½ oz-eq
Girls	9-13 yrs	4 to 6 oz-eq
	14-18 yrs	5 to 6½ oz-eq
Boys	9-13 yrs	5 to 6½ oz-eq
	14-18 yrs	5½ to 7 oz-eq
Women	19-30 yrs	5 to 6½ oz-eq
	31-59 yrs	5 to 6 oz-eq
	60+ yrs	5 to 6 oz-eq
Men	19-30 yrs	6½ to 7 oz-eq
	31-59 yrs	6 to 7 oz-eq
	60+ yrs	5½ to 6½ oz-eq

Meat, poultry, seafood, beans, peas, lentils, eggs, nuts, seeds, and soy products supply many nutrients including protein, B vitamins, vitamin E, iron, zinc, and magnesium.

Meeting the recommendations of protein foods can help increase intake of important nutrients, including unsaturated fats, dietary fiber, and vitamin D. Make sure to limit intake of sodium and saturated fats coming from processed meat and poultry.

Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

B vitamins help build tissue and aid in forming red blood cells. Iron can help prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune system. Omega-3 fatty acids help reduce risk of heart disease



Salt & Sodium

Most of the sodium we consume is in the form of salt and in processed foods. Your body needs a small amount of sodium to work properly and too much sodium is bad for your health.

Excess sodium can increase your blood pressure and your risk of heart disease and stroke.

Recommended daily sodium intake is 2,300 milligrams.

Be mindful and Read the nutrition fact label.

MyPlate Website and App

[MyPlate | U.S. Department of Agriculture](#)

MyPlate is a great resource for all of your nutrition questions, ideas, and tips. Take some time and visit the site.

Physical Activity Resource

[How much physical activity do children need? | Physical Activity | CDC](#)

Visit the CDC site for physical activity resources and tips.

Cooking with Your Children



Egg Mozzarella Rice Omelet

Ingredients:

Egg

Mozzarella cheese shredded

Enriched White Rice

Salt and pepper for taste

Provide all ingredients on table in bowls. Give individual child own bowl and spoon. Children scoop and mix egg, rice, and cheese together. Provider will need to cook the omelet for them. Serve with avocado and tomatoes.

Food for Thought

Q: What do you call blueberries playing the guitar?

A: A Jam Session

