**PROTEIN WORKSHEET**

1. WHERE CAN ONE FIND PROTEIN?
	1.
	2.
	3.
	4.
	5.
2. WHAT IS THE RECOMMENDED AMOUNT OF PROTEIN ONE NEEDS DAILY?
3. IN GENERAL, ONE OUNCE EQUALS:
	1.
	2.
	3.
	4.
	5.
4. 3 OUNCES OF PROTEIN IS ABOUT THE SIZE OF A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 1 OUNCE CAN BE MEASURED USING A VARIETY OF OBJECTS SUCH AS:
	1.
	2.
	3.
	4.
	5.
	6.
6. WHAT ARE THE HEALTH BENEFITS OF EATING PROTEIN?
	1.
	2.
	3.
7. WHAT NUTRIENTS ARE SUPPLIED THROUGH PROTEIN?
	1.
	2.
	3.
	4.
	5.
	6.
8. WHY IS VITAMIN B IMPORTANT?
9. WHAT DOES IRON DO FOR A BODY?
10. WHY EAT FOODS WITH ZINC?
11. MAGNESIUM IS IMPORTANT FOR…
12. HOW CAN SOMEONE MAKE CUTS OF MEAT MORE LEAN?
	1.
	2.
	3.
	4.
	5.
13. IS ALL CHOLESTEROL “BAD?”
14. WHAT IS THE “BAD” CHOLESTEROL CALLED?
15. WHERE CAN ONE FIND NUTRITION FACTS ON FOOD PRODUCTS?
16. HOW MUCH SEAFOOD SHOULD ADULTS CONSUME?
17. WHAT DOES SEAFOOD HAVE THAT CAN PREVENT HEART DISEASE?
	1.
	2.
18. WHAT ARE SOME SEAFOOD CHOICES HIGH IN OMEGA-3 AND LOW LEVELS OF MERCURY?
	1.
	2.
	3.
	4.
	5.
19. WHAT DO SOME NUTS (LIKE PEANUTS) AND SEEDS DO FOR YOU?
20. WHAT ARE ALTERNATIVES TO PROTEIN CONSUMED IN MEAT AND NUTS?
	1.
	2.
	3.
21. WHAT DO THESE THINGS HAVE THAT MAKE THEM EXCELLENT SOURCES OF PLANT PROTEIN?
	1.
	2.
	3.
	4.
22. IF SOMEONE ADHERES TO A VEGETARIAN DIET, WHAT MUST THEY BE CONCERNED WITH?
	1.
23. WHAT FOODS ALLOW VEGETARIANS TO CONSUME PROTEIN?
	1.
	2.
	3.
	4.
	5.