



## What Foods are Included in this Group?

All foods made from meat, poultry, seafood, processed soy, eggs, nuts, and seeds.



## Why choose Lean and Low-Fat Option?

Helps maintain good body health and these options are lower in saturated fat and cholesterol that negatively affect your heart



## How Much Protein Do I Need?

Depends on age, sex and level of physical activity. Can range from 2-6oz daily



1. Select seafood that is rich in Omega-3's to help protect your heart
2. Try and avoid processed meats such as ham, hotdogs, and sausage, these meats are higher in saturated fat and calories
3. Add flavor to meats with spices and herbs instead of salt, to keep sodium content low.
4. Choose unsalted nuts and seeds for a healthy snack.

Source: Choosemyplate.gov

# EXERCISE ACTIVITY

## Chair Dip

This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.



1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

# RECIPE FOR THE MONTH

## SALMON CASSEROLE

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 can (about 14 ounces) pink salmon, drained
- 1 cup macaroni, uncooked
- 1 cup water
- 2 tablespoons margarine
- 1 small onion, chopped
- ½ cup evaporated milk
- 2 tablespoon flour
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup low-sodium canned peas, drained

### Directions

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

#### Nutritional Information for 1 serving (about 1 cup) Salmon Casserole

Calories	320	Cholesterol	80 mg	Sugar	2 g	Vitamin C	4 mg
Calories from Fat	120	Sodium	510 mg	Protein	27 g	Calcium	450 mg
Total Fat	13 g	Total Carbohydrate	25 g	Vitamin A	125 RAE	Iron	2 mg
Saturated Fat	6 g	Dietary Fiber	2 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*