

Protein Picks

5210 Introduction

Did you know that your body's tissues, muscles, organs and immune system are mostly made up of protein? And so are the outer layers of your hair, nails and skin! Protein also helps your muscles grow, increases strength and improves athletic performance. Check out the challenges to learn how to vary your proteins and ways to incorporate more protein servings in your diet.

#proteinpicks
#foodgroupprotein
#5210HC



Post to Social Media

Just copy, paste and post!



Did you know kids on average need to eat about 0.5 grams of protein for every pound (0.5 kilograms) they weigh. That's a gram for every 2 pounds (1 kilogram) they weigh. By eating more protein-rich foods throughout the day, your kids will feel fuller between meals and can result in less snacking. To see what proteins have to offer, visit <https://bit.ly/2DagRK4>. To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Skip the premade trail mix and make your own! Here's one of our favorite trail mix recipes <https://bit.ly/2GqikiQ>. Let us know what your favorite trail mix ingredients are! #5210HC #proteinpicks #healthytrailmix

Choose a Challenge

Vary Your Protein Routine

<https://5210.psu.edu/wp-content/uploads/2018/09/Vary-Your-Protein-Routine-hc.pdf>

Learning about Proteins

<https://5210.psu.edu/wp-content/uploads/2018/09/Learning-about-proteins-hc.pdf>

5210 Bean Mosaic

<https://5210.psu.edu/wp-content/uploads/2018/09/Bean-Mosaic-HC.pdf>

Trail Mix Recipe

<https://5210.psu.edu/wp-content/uploads/2018/09/Classroom-Trail-Mix-Recipe.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)