

## Apply What You Learned: Power of Protein

### Part A:

1. TRUE or FALSE: **Protein is important in weight loss to help maintain muscle mass and promote a feeling of fullness after eating?**
  - a. True
  - b. False
2. **Protein intake benefits:**
  - a. Muscles
  - b. Hair
  - c. Bones
  - d. All the above
3. **Which is NOT a good source of protein?**
  - a. Meat, fish, poultry
  - b. Milk, yogurt, cheese
  - c. Fruit
  - d. Beans & Lentils
4. **Which is NOT a good source of plant-based protein?**
  - a. Tofu
  - b. Nuts
  - c. Lentils
  - d. Apple
5. **How often should a protein-rich food be consumed in a day?**
  - a. Included in 1 – 2 meals
  - b. Consumed throughout the day
  - c. Just at dinner
  - d. None of the above
6. **When used as a meal replacement, the recommended amount of protein per serving of a protein shake is:**
  - a. 10 – 15 grams protein
  - b. 15 – 20 grams protein
  - c. 15 – 30 grams protein
  - d. 20 – 35 grams protein

Part B:

**Step #1:** In the left column, list 3 protein rich foods from each category.

**Step #2:** In the right column, plan 2 meals and one snack incorporating a protein-rich food with a 1-3 other food group (ex. vegetables, fruits, starches and/or healthy fats)

<p><u>Dairy Sources</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><u>Animal Sources</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><u>Plant Sources</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><u>Breakfast</u></p> <p>Protein: _____</p> <p>Other food(s): _____</p> <p>_____</p> <p>_____</p> <p><u>Lunch or Dinner</u></p> <p>Protein: _____</p> <p>Other food(s): _____</p> <p>_____</p> <p>_____</p> <p><u>Snack</u></p> <p>Protein: _____</p> <p>Other food(s): _____</p> <p>_____</p> <p>_____</p>
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