What’s in the Meat & Beans Group?
What is Tofu?

- It was first used in China
- Made out of Soy Milk
- Like soft cheese with no taste
  - When cooking the tofu, it absorbs the flavors of the ingredients around it.
Three kinds of tofu:

- **Silken tofu** is perfect for blending with other foods because of its creamy consistency. (cream cheese & cheesecake)

- **Soft tofu** has a texture more like pasta. (lasagna)

- **Firm tofu** is thicker and not as soft as the other varieties. (alternative to meats in dishes like salads, soups and casseroles)
Serving size

- 5-6 ounces
- 3 ounces = palm of your hand
What Nutrients are in the Meat and Beans Group?

- Protein,
- Vitamin Bs,
- Vitamin E,
- Iron,
- Zinc,
- and magnesium
Nutrients

- Protein
  - Proteins are one of three nutrients that provide calories
  - Helps build bones, muscles, cartilage, skin, and blood.
  - They are also build enzymes, hormones, and vitamins.
Vitamins

B vitamins

- Are used in many ways in the body.
- They help the body release energy,
- play an important role in the function of the nervous system,
- aid in the formation of red blood cells,
- and
- help build tissues.
Vitamins cont.

- Vitamin E
  - Helps protect your cells.
  - Helps keep your heart healthy.
Minerals

- **Iron**
  - Is used to carry oxygen in the blood.

- **Magnesium**
  - Healthy bones and reduces muscle cramps and high blood pressure.
Minerals Cont.

- **Zinc**
  - Is one of the minerals found naturally in our bodies.
  - Helps
    - our liver, and helps prevent infections and diseases from taking over our bodies
    - us digest carbohydrates
    - control our brain function
    - our cells grow
    - make and control our genes
Difference between healthy protein and less healthy protein options…

Tomorrow’s Lesson!
References

