

Protein Group

Moving around is fun.
Stand up. Sit down. Jump, jump, jump!
Moving around is good for your body.

Your arms have muscles. Your legs have muscles. Muscles help you move around. Muscles need to be strong. Healthy food and exercise help build strong muscles.

Muscles need protein. Foods high in protein are in the Protein food group. Protein helps you grow big and strong.

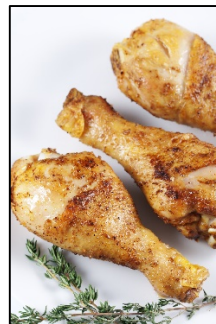
Some protein foods come from animals.



Ground Beef



Hard Boiled Eggs



Drumsticks



Tuna Fish

Some protein foods come from plants.



Refried Beans



Black-Eyed Peas



Almonds



Sunflower Seeds

Foods in the Protein group are healthy foods. They are important to eat every day.