

EATING RIGHT WITH MYPLATE

Protein Foods Group





Note to Librarians, Teachers, and Parents:

Blastoff! Readers are carefully developed by literacy experts and combine standards-based content with developmentally appropriate text.

Level 1 provides the most support through repetition of high-frequency words, light text, predictable sentence patterns, and strong visual support.

Level 2 offers early readers a bit more challenge through varied simple sentences, increased text load, and less repetition of high-frequency words.

Level 3 advances early-fluent readers toward fluency through increased text and concept load, less reliance on visuals, longer sentences, and more literary language.

Level 4 builds reading stamina by providing more text per page, increased use of punctuation, greater variation in sentence patterns, and increasingly challenging vocabulary.

Level 5 encourages children to move from "learning to read" to "reading to learn" by providing even more text, varied writing styles, and less familiar topics.

Whichever book is right for your reader, Blastoff! Readers are the perfect books to build confidence and encourage a love of reading that will last a lifetime!

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Contents

The Protein Foods Group	4
Why Are Protein Foods Good For You?	8
Choosing Protein Foods	12
Eating Protein Foods	16
Glossary	22
To Learn More	23
Index	24

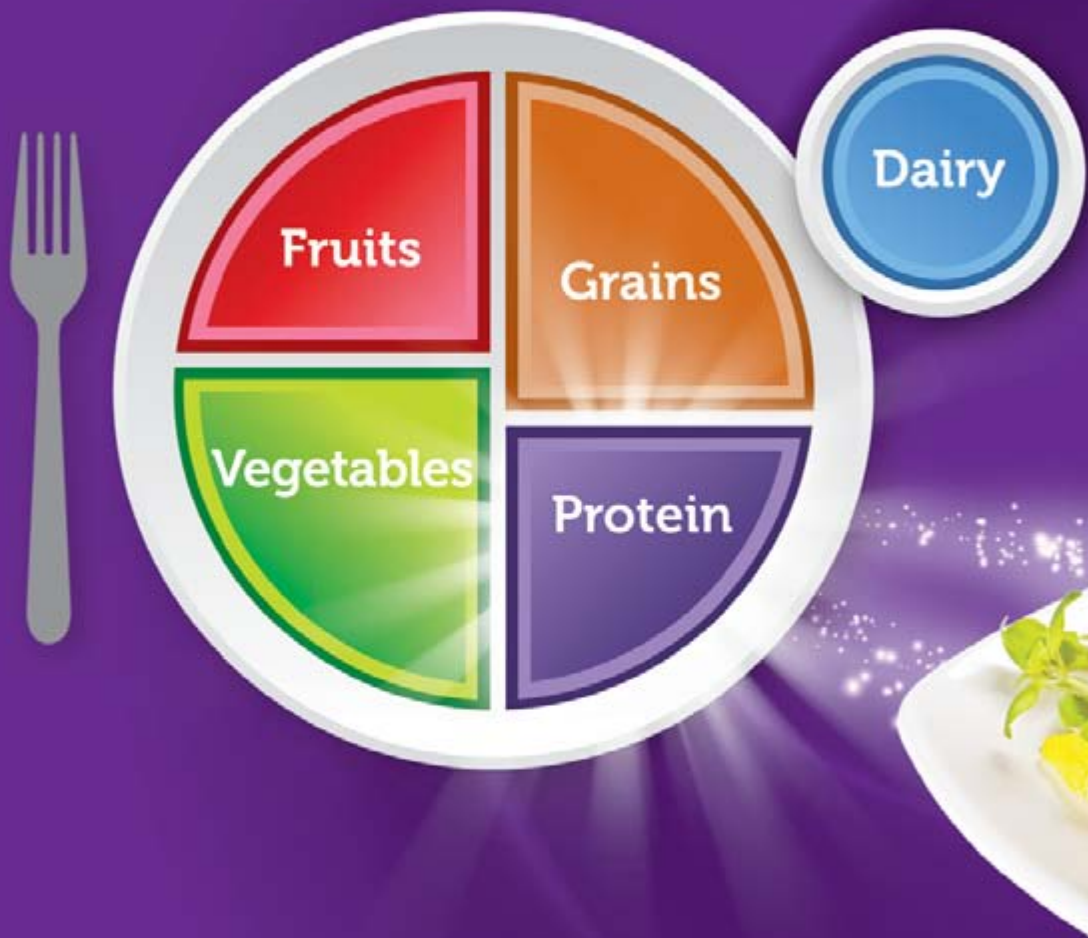
The Protein Foods Group



The Protein Foods Group includes meat, **poultry**, fish, and eggs.



Beans, nuts, and seeds also belong to the group.



The Protein Foods Group is the purple part of **MyPlate**.

1 serving = 1 egg

1 tablespoon peanut butter

2 tablespoons hummus

½ bean burger patty

½ small lean hamburger

1 slice turkey



Kids need four servings of protein foods each day.

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