

# Vary Your Protein

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## Leader's Guide

### Suggested Introduction to Solicit Program Participants

Would you like to have good tasting and more affordable meals? At the same time, would you like to enjoy improved health? Attend this program to find out how you can “vary your protein.” You will discuss practical tips for how to choose from the many kinds of protein-rich foods, and how to safeguard your health while minimizing your food expenses.

### Educational Goals

As a result of participating in this program, learners should be able to discuss:

1. Seven categories of protein-rich foods, and state examples of each kind.
2. Eight ways to reduce saturated fat in protein-rich food choices.
3. How protein-rich foods help our bodies function, and how much protein they and family members require each day.
4. Ten ways to reduce costs of protein-rich foods.
5. Ten ways to keep protein-rich foods safe to eat.

### Suggested Program Preparation

Before the lesson, review this leader's guide, the accompanying fact sheet, MF2835 *Vary Your Protein*, and if desired visit [www.oznet.ksu.edu/humannutrition/protein](http://www.oznet.ksu.edu/humannutrition/protein) for additional resources.

### Materials Needed

1. For each participant:
  - a. A copy of *Vary Your Protein*, MF2835.
  - b. A copy of the *Vary Your Protein Participant Survey* on page 3 of this leader's guide.
  - c. A name tag, a pen or pencil, and supplies for taste tests.
  - d. If feasible, tastes of one or two recipes featuring lean and uncommon protein-rich foods, such as from the Web site, [www.oznet.ksu.edu/humannutrition/protein](http://www.oznet.ksu.edu/humannutrition/protein)
  - e. Copies of any recipes that you will ask participants to taste.
  - f. Copies of any additional resources you wish to use.
2. For the group to look at:
  - a. If feasible, many uncommon protein-rich foods or their packages, such as dry beans and peas, nuts and seeds. (Refer to the list that starts on page 1 of the fact sheet.)
  - b. Product nutrition facts labels for high fat versus low-fat or fat-free milk products and processed meats (refer to the list on page 2 of the fact sheet).
  - c. Two decks of playing cards and two cassette tapes, three measuring cups (for 1/4 and 1/2 and 1 cup), and 1 tablespoon.
  - d. If feasible, a food scale.

- e. Supplies for a discussion, such as a flip chart or white board and markers.

## Suggested Presentation Guide

1. Provide name tags. Introduce yourself and ask participants to introduce themselves. Invite participants to taste a sample of the recipes you prepared. Give each participant a copy of the fact sheet and any recipes, and a pen or pencil to borrow. Allow time for them to glance through each page and make notes.
2. During discussions, allow time for participants to think after asking each question. Then ask them to visit with a person sitting nearby about their answer. Allow about 3 minutes for them to talk. Ask for two or three volunteers to share their answers with the whole group. Record a short version of their responses on the writing board or ask a volunteer to do so. Encourage participants to write down discussion ideas on their fact sheet.
3. Discuss the information under the headings “Vary your protein choices” and “Seven categories of protein-rich foods” on pages 1 and 2 of the fact sheet. Show the samples you have brought. Lead a discussion about the categories, and especially about participants’ experiences eating some of the more uncommon examples of protein-rich foods listed. Pose questions to the group such as, “*What kinds of [cooked dry beans and peas] [fish] [nuts and seeds] do you or your family enjoy for [meals] [snacks]?*” The idea is to discuss and make a list of uncommon protein-rich food choices from three or more categories that have worked well as meal or snack choices for members of the group.
4. Discuss the suggestions for choosing lean protein on page 2 of the fact sheet. Lead another discussion about participants’ experiences using the tips listed, and others, to “go lean with protein.” Show the sample labels you have brought.
5. Present the information on the rest of page 2 to page 5. Note that the word “umami,” as discussed on page 2, is pronounced “oo-mommy.” When discussing portion sizes, show participants the two decks of playing cards and two cassette tapes and the three measuring cups, tablespoon and food scale that you brought.
6. Lead two more group discussions about participants’ experiences using the tips listed on pages 5 to 8 about how to make protein-rich foods more affordable and to keep protein-rich foods safe to eat.
7. Distribute copies of the *Vary Your Protein Participant Survey*. Read each question aloud as each participant records his or her answers. Collect the surveys.
8. Thank the audience for their participation.
9. After the program, photocopy the surveys for your own use, then mail the originals to the address shown.

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## Vary Your Protein Participant Survey

Date \_\_\_\_\_ Your County/District \_\_\_\_\_

Are you: Male \_\_\_\_\_ Female \_\_\_\_\_

Are you:

White, non- White, Native- African-American/ Asian- Other  
Hispanic \_\_\_\_\_ Hispanic \_\_\_\_\_ American \_\_\_\_\_ Black \_\_\_\_\_ American \_\_\_\_\_

Your age category:

Teen \_\_\_\_\_ 19–40 yrs. \_\_\_\_\_ 41–59 yrs. \_\_\_\_\_ 60 yrs. and over \_\_\_\_\_

1. Please specify what you learned today that you did not know or that surprised you:

2. As a result of this program, do you plan to ....

a. ... eat more variety in your protein-rich foods for meals and snacks?

No \_\_\_\_\_ Maybe \_\_\_\_\_ Yes \_\_\_\_\_ Comment: \_\_\_\_\_

b. ... try one or more ways to reduce saturated fat in your protein-rich food choices?

No \_\_\_\_\_ Maybe \_\_\_\_\_ Yes \_\_\_\_\_ Comment: \_\_\_\_\_

c. ... try one or more ways to reduce your expenses for protein-rich foods?

No \_\_\_\_\_ Maybe \_\_\_\_\_ Yes \_\_\_\_\_ Comment: \_\_\_\_\_

d. ... try one or more ways to handle and store protein-rich foods safely?

No \_\_\_\_\_ Maybe \_\_\_\_\_ Yes \_\_\_\_\_ Comment: \_\_\_\_\_

3. How important is nutrition information to you?

Not at all important \_\_\_\_\_ Somewhat important \_\_\_\_\_ Very important \_\_\_\_\_

4. How do you rate this program overall?

Excellent \_\_\_\_\_ Good \_\_\_\_\_ Average \_\_\_\_\_ Poor \_\_\_\_\_

5. Please write your additional comments and suggestions here:

Thank you for your time! Leaders, please return surveys to: Dr. Mary Meck Higgins, Department of Human Nutrition, Justin Hall, Manhattan, KS 66506

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