

Soc7 (Photographer).



BigFatCat (Photographer).



Carly Head (Photographer).

## EAT WELL, CARE WELL.

### TIPS TO INCREASE PROTEIN

While it is true that most Americans consume more protein than recommended, as we age, our protein needs can change. It is important to keep in mind where we obtain our protein from and watch what other nutrients accompany it. Typical high protein foods can be higher in fat which increases the number of calories.

Many forget that protein doesn't just come from meat, eggs, and dairy. Beans, legumes, soy, nuts, whole grains all contribute to a healthy high protein diet. When comparing soy milk to skim milk, the results can be astounding. Soy milk has half the sugar, less sodium, and some brands contribute more of the daily recommendations for calcium, while contributing the same, if not more, protein. It is important to read the label to know for sure. There is the same amount of protein in 100 grams of pinto beans as there is in 100 grams of beef. But the beans contain fiber and help you feel fuller than if you had consumed the beef.

Protein is essential for the body to function and produce things like collagen which are vital to healthy hair, skin, and nails. As essential as it is to health, it is essential to consider the source from which it comes!

## WEEKLY CHALLENGES

Replace 3 animal based proteins this week with plant based ones!

Try the recipes that accompany this issue for delicious protein packed foods!

Try soy milk with your breakfast cereal instead of cow's milk!

Enjoy ice cream for breakfast on the 18<sup>th</sup> to celebrate the National Day.

## DID YOU KNOW?

February 18<sup>th</sup> is National Eat Ice Cream for Breakfast Day, celebrate with a dairy free alternative!

# All Muscle, No Milk Shake

## INGREDIENTS:

- 2 Tbsp. Peanut butter (Feel free to substitute with a different nut butter)
- 2 Tbsp. Almonds
- 1 cup ice
- 1 cup Soy milk (feel free to adjust based on how thick you prefer your shakes)
- 1 frozen banana halved
- 2 tbsp. baking cocoa

## DIRECTIONS:

1. Add ice, banana, and soy milk to blender.
2. Combine the rest of the ingredients into the blender.
3. Blend, starting on a lower setting and increasing the power until the shake is smooth and consistent in color.
4. Pour and enjoy!



Tessa Robbins. (Photography).

# Chickpea Poppers

## INGREDIENTS:

- 1 can (15 oz.) chickpeas, rinsed and drained
- Cinnamon
- Pepper
- Nutmeg

## DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Dry chickpeas on a towel to remove any excess moisture.
3. On a foil lined baking tray, evenly spread chickpeas, it may be necessary to re-dry them with a towel.
4. Season to taste with cinnamon, nutmeg, and pepper (try switching up seasonings for different flavors! I also love using zestier spices to make a spicy variety).
5. Roast for 40 minutes or until crunchy, stirring about every 10 minutes to ensure even baking.



Kyle Killam