



ACTIVE KIDS



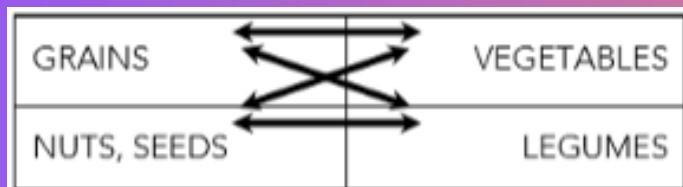
the facts about protein

Protein is needed to help keep you strong and healthy. It provides the building blocks, also known as amino acids, for cell repair and growth; particularly in the muscles, skin and nails. It also makes enzymes and hormones which carry out important functions in the body.



Protein is found in many foods including animal products (meat, fish, and dairy) legumes, nuts, seeds, and grains. When choosing a protein source to eat it is important to consider both the quantity and quality of protein. Animal products are what we consider to be complete proteins - they contain all of the building blocks our bodies need. They are also digested and absorbed efficiently by the body to support growth.

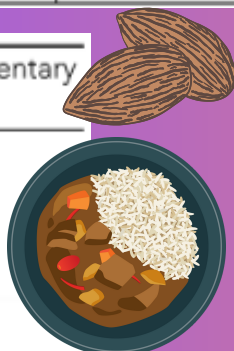
Most plant based protein sources are not complete, meaning they do not contain all of the essential amino acids that we need when eaten alone. Mix and match plant based foods to create complete proteins that have all of the essential building blocks your body needs. Follow the arrows in the chart below to see which proteins complete each other.



It is a good idea to include a source of protein in all of your snacks and meals. At meals, try to fill 1/4 of your plate with protein.



- Dishes of Complementary Protein
- tofu + rice
 - lentil curry + rice
 - soybeans + ground sesame seeds
 - green beans + almonds



MIXED BERRY GREEK FROZEN YOGURT RECIPE



INGREDIENTS

- 3 cups frozen mixed berries
- 2 frozen bananas
- 1 cup vanilla-flavoured Greek or Skyr yogurt
- 1/3 cup maple syrup
- 1 tsp vanilla extract

INSTRUCTIONS

1. Blend in a high speed blender until smooth and serve!
2. It's best to serve right away, but you can freeze it, just make sure that you take it out about 20 minutes before serving to allow it to thaw a little.



Greek Yogurt is a great source of protein that can be used for a variety of recipes: 175 mL or 3/4 cup of greek yogurt contains approximately 14 g of protein (Dietitians of Canada, 2019). Add it to your smoothies, sauces or enjoy on its own with berries and granola.

Recipe Credits: Sarah Remmer, RD

<https://www.sarahremmer.com/mixed-berry-greek-frozen-yogurt/>