
PROTEIN SHIFTS

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Why Seafood?

Seafood provides nutrients that are vital to health. These include omega-3 fatty acids (EPA and DHA), vitamin B12, and vitamin D.

Seafood can help decrease your risk of heart disease, stroke, and obesity. Plus, seafood had been linked to reduced cardiac deaths.

What Are Ounce-Equivalents?

The DGA gives protein food recommendations in ounce-equivalents. One ounce-equivalent is equal to:

- 1 ounce of lean meat, poultry, or seafood
- 1 egg
- ¼ cup cooked beans or tofu
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

Adjust Your Eating Patterns:

The new Dietary Guidelines for Americans (DGA) send a special message to teenage boys and men: eat less meat, chicken, and eggs. What's a guy to do?

Teen boys and men can shift toward a healthy eating pattern by replacing some of the meat, poultry, and eggs they eat with other protein foods, as well as vegetables and legumes.

Here are some tips to help make those shifts. Turn a 3-egg bacon and cheese omelet into a 2-egg spinach and low-fat cheese omelet. Skip the double meat option on your sub sandwich and add extra veggie toppings instead.

