

Your Name: _____



The Super Crew®

Powerful Plant Protein Tracker

The Super Crew knows all protein foods can fit into a healthy diet. Even eating meatless meals a few times a week can help you look and feel your best, as well as shield you from cancer and other diseases.

Plant foods, including plant proteins, have super powers from things the Super Crew call “fight-o-chemicals” (phytochemicals). Fight-o-chemicals in plants fight off invasions from bacteria and viruses, so that plants can grow strong and healthy. Fight-o-chemicals do the same thing in our bodies by protecting us from those bad guys!



Two-Week Plant Protein Tracker

- Goal: Aim for 2-3 plant-based protein dinners per week.
- Draw a shield on the plate on the days you ate a healthy plant-based dinner.
- At the end of two weeks, check back and see if you met your goal of eating at least 4-6 plant-based dinners.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



“My favorite food is red quinoa. It’s like rice but has LOTS of protein, which I need because I’m growing up so fast!”

- Baby Tom-Tom

Examples of healthy plant-based dinners include:

- Bean chili served with veggies and corn bread
- Baked beans served over brown rice + a side of broccoli
- Hummus, salsa, guacamole and chips + a side of veggies and fruit salad
- Whole-wheat pasta with sun dried tomatoes, olives and chives
- Veggie burger + side of sautéed spinach
- Portobello burger + baked sweet potato fries
- Enchiladas made with refried beans and veggies
- Tofu and vegetable stir-fry with garlic and ginger
- Three-bean salad and coleslaw

There are many sources of plant protein!

Foods loaded with protein:

- Lentils
- Beans
- Quinoa
- Veggie burgers
- Seitan
- Soy foods:
 - Edamame
 - Tempeh
 - Firm tofu
 - Soy burger
 - Soy milk

Foods containing protein in lesser amounts:

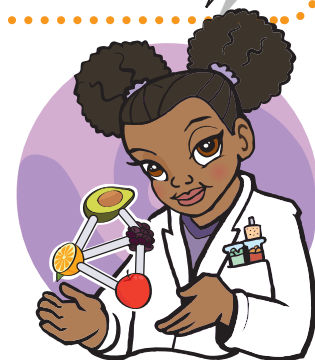
- Nuts and seeds – almonds, walnuts, cashews, pumpkin seeds
- Nut butter – almond, peanut
- Vegetables
- Whole grains:
 - Whole-grain bread, Oats, Barley, Wheat berries, Rice, Pasta, Cereal



Draw a plant-based meal (meatless meal) that you like or would like to try:

“I make sure to include all protein foods, including plant proteins, along with exercise to keep my body strong!”

-Penny



Super Crew Kid Penny Shatters Protein Myth!

Myth: Plant proteins must be eaten together to count as a complete protein source.

Shattered: We know now that our body can combine the plant proteins we eat at different times during the day to make the protein our body needs to repair its muscles, help keep the immune system strong and continue growing healthy!

Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.