

Vary Your Protein Routine



I will choose **protein foods that are lower in saturated fat** this week by:

I will **keep my food safe to eat** this week by:

I will be **more physically active** this week by:



Our next lesson will be on _____ at _____
(day) (time)



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These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). | Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA.

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