



## Why eat protein?

**P**ROTEIN IS A NUTRIENT found in food and it also makes up all the tissues in your body, like your skin, muscles, bones and teeth! Eating protein is important for growing taller, repairing the body, and getting stronger!

Bacteria in your mouth release acids when you eat carbohydrates. Eating protein with carbohydrates decreases your chance of getting holes in your teeth (cavities) by making your mouth less acidic. Proteins are made of amino acids. Arginine, an amino acid, is found in your saliva and certain foods. Arginine helps protect you from getting cavities by balancing the acids in your mouth. Protein and arginine can be found in many of the same foods! Since protein foods require lots of chewing, they help create more saliva in your mouth, which helps protect you from getting cavities.

## When to eat protein?

**P**ROTEIN IS FOUND IN LOTS of different foods like meat, beans, nuts, vegetables and whole grains. Eating protein in each of your meals throughout the day will help your body feel energized and your teeth be strong. It is important to eat a small amount of protein after you have been active to repair your body and to get stronger. Because lots of foods contain protein, you can be adventurous! Make some **Coconut Energy Balls** with your family and try many different foods to find out what you like!

Protein Foods	Amount of protein (grams) per serving	What a serving looks like	High in Arginine
Lentils & Beans (cooked)	14g per ¼ cup (175 mL)	A tennis ball	✓
Tofu	12g per 150 mL	A computer mouse	
Salmon, Beef & Chicken	22-26g per 75g (125 mL)	A deck of cards	✓
Eggs	14g per	2 eggs	
Greek yogurt	17g per ¾ cup (175 mL)	1 small container of Greek yogurt	
Milk	8g per 1 cup (250 mL)	1 small glass	✓
Peanut Butter	8g per 2 Tbsp (30 mL)	2 ping pong balls	
Nuts and seeds	7g per ¼ cup (60 mL)	Enough to cover your palm with 1 layer	

## COCONUT ENERGY BALLS\* SUPER-EASY! SUPER FAST! SUPER FUN! SUPER GOOD!

### • KITCHEN GEAR

- Saucepan
- Mixing spoon
- Zip lock bag or a container

### • INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1 cup quick cook oats                   | ½ cup ground flaxseed              |
| ½ cup peanut butter or other nut butter | 1 tsp vanilla                      |
| ⅓ cup honey                             | ½ cup mini dark chocolate chips    |
| 1 cup coconut flakes                    | ½ cup raisins or dried cranberries |

### • MAKING IT:

- 1 Mix all ingredients thoroughly
- 2 Roll into golf ball sized pieces
- 3 Refrigerate or place in a ziplock bag and freeze
- 4 Enjoy!

\* Recipe adapted from UBC Thunderbirds Department of Athletics and Recreation



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