



United States Department of Agriculture

Food and Nutrition Service

Dean
Protein

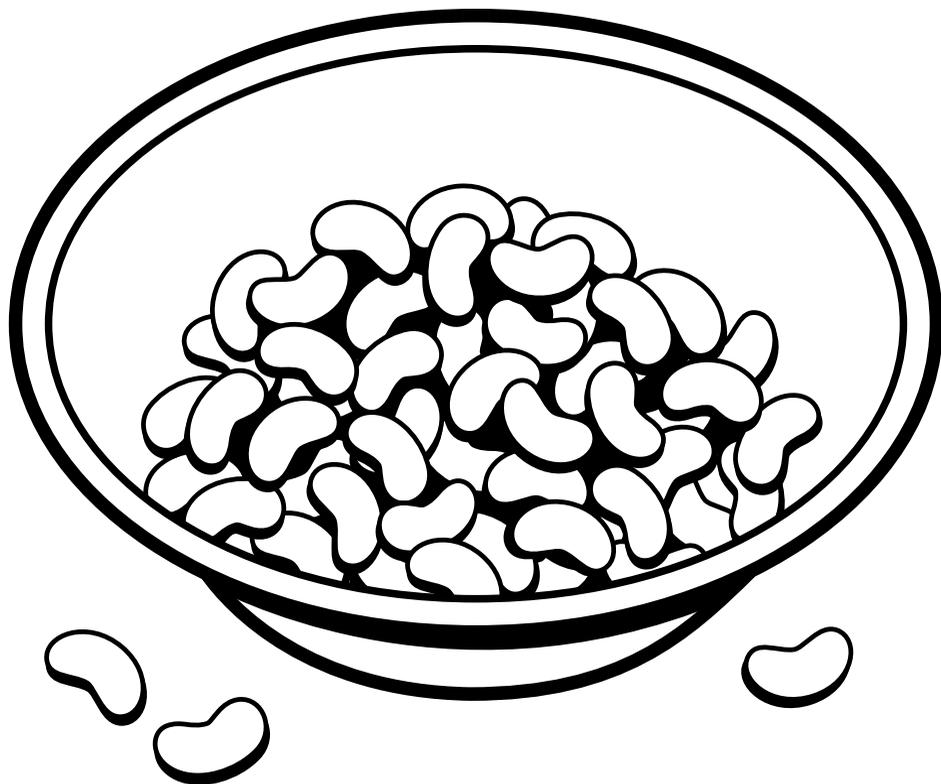


Protein
Foods

Sight words: I, see



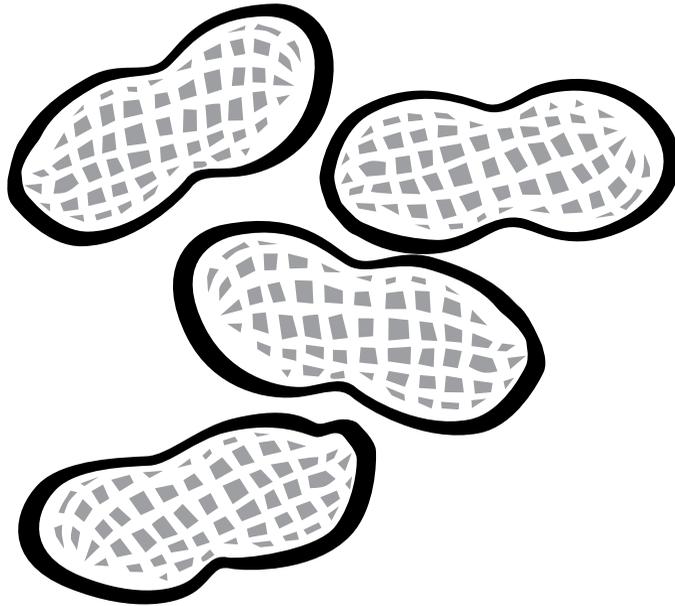
This book belongs to:



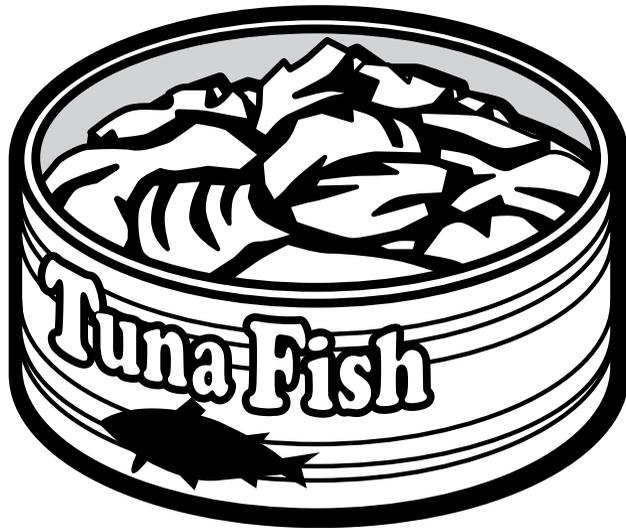
I see beans.



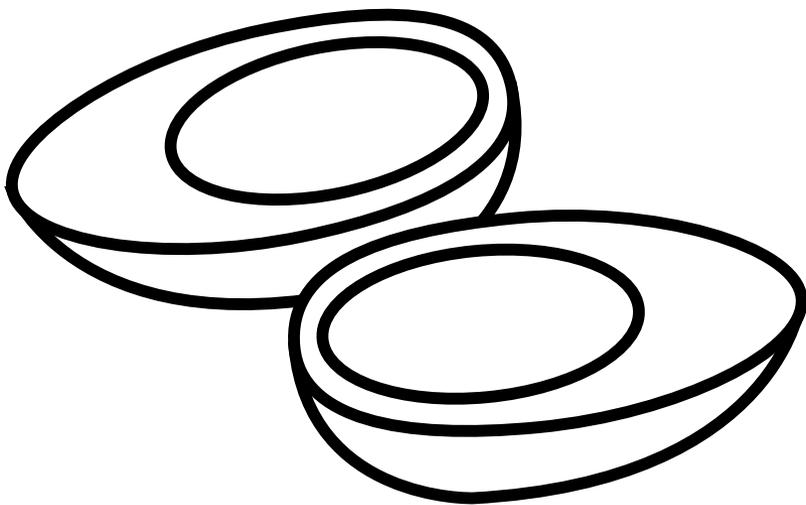
I see chicken.



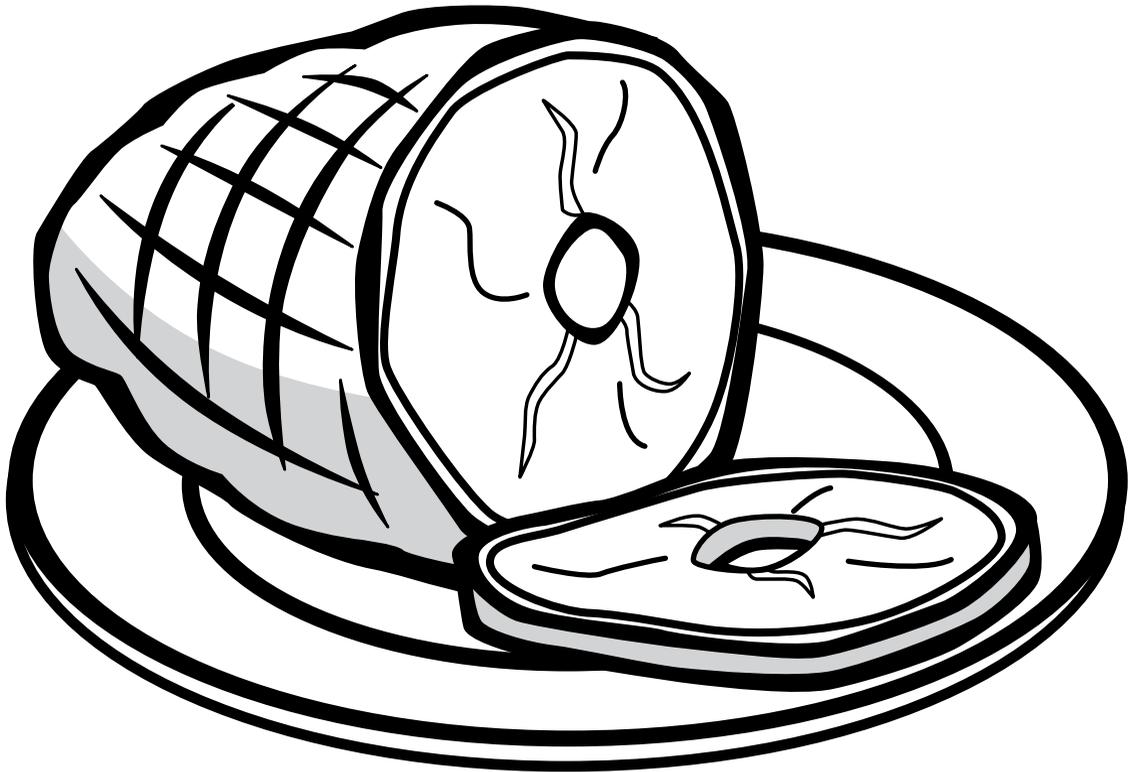
I see nuts.



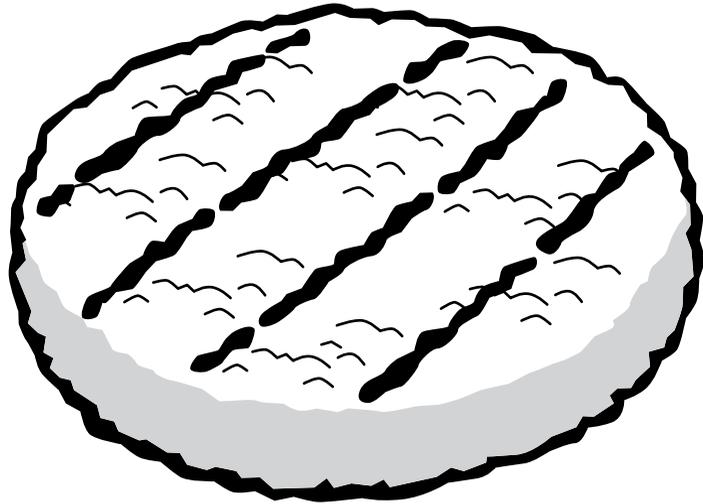
I see fish.



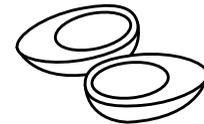
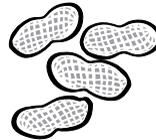
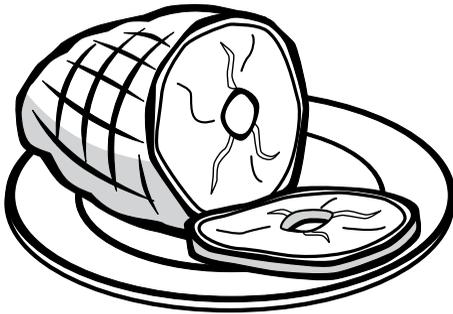
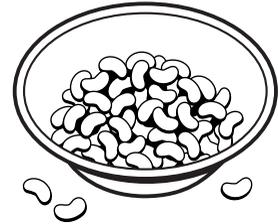
I see eggs.



I see ham.



I see meat.



I see protein foods!



Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at:
<https://teamnutrition.usda.gov>.



May 2014 • FNS-474E

Slightly Revised in May 2018

USDA is an equal opportunity provider, employer, and lender.