



# BLEND Food Group Focus

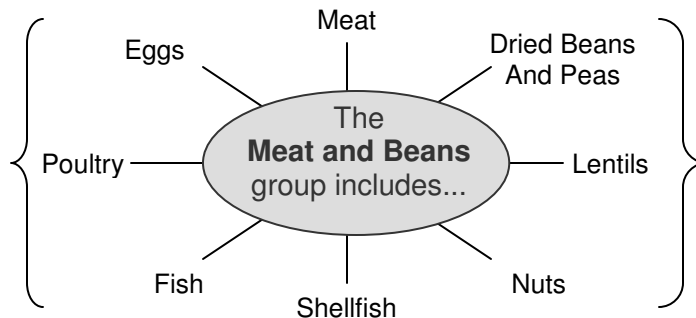
## Meat & Beans

“Go Lean with Protein”

### Protein Sources

#### Animal Protein

Choose low-fat protein sources like lean meat, skinless chicken, and fish. Try to eat more of the plant sources of protein, instead of animal protein.



#### Plant Protein

These sources of protein are also great sources of *fiber* because they are from plants.

### What Foods Are in the Meat & Beans Group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds are considered part of this food group. Dry beans and peas can be part of the vegetable group, too.

<b><u>Meats – lean cuts</u></b> <b><u>Beef, Pork &amp; Veal</u></b>	<b><u>Poultry – without skin</u></b>	<b><u>Fish</u></b>	<b><u>Dry Beans &amp; Peas</u></b>	<b><u>Nuts &amp; Seeds</u></b>
<b><i>Lean Beef Cuts:</i></b> Tenderloin Eye of round Sirloin tip Top round Bottom round Top sirloin Round tip Round steak Chuck shoulder  <b><i>Lean Pork Cuts:</i></b> Pork loin Tenderloin Center loin Ham	Chicken Turkey Lean ground turkey  <b><u>Eggs</u></b> Chicken eggs Duck eggs	Catfish Cod Flounder Halibut Herring Salmon Sea bass Snapper Swordfish Trout Tuna  <b><u>Shellfish</u></b> Crab Clams Lobster Scallops Shrimp	Black beans Chickpeas Kidney beans Lentils Lima beans Pinto beans Soy beans Split peas Tofu	Almonds Peanuts Peanut butter Pecans Pistachios Pumpkin seeds Sunflower seeds Walnuts

*The Meat & Beans group is a source of Protein, Iron, Zinc, B-Vitamins and Omega-3 Fatty Acids. Protein is important because it is needed for body growth and body processes. It is also needed to repair body cells and make new ones.*

### What Are Proteins?

**Complete Proteins** are animal proteins like meat, poultry, fish, eggs, milk, and milk products. They contain all the essential amino acids that your body needs.

**Incomplete Proteins** are plant proteins like dried beans, peas, lentils, nuts, and seeds. Each of these lack one or more of the essential amino acids. Eating a variety of incomplete proteins will ensure that your body is getting all of the amino acids it needs.

**Amino Acids** are the building blocks for protein. They are used by the body for growth and repair. There are 21 amino acids: 12 are made by the body; the other 9 must be obtained from the food you eat.

Both **COMPLETE** and **INCOMPLETE** proteins are needed by your body. If you have a varied diet, you should not be concerned about lacking any of the amino acids.

## USDA MyPyramid Recommendations

The USDA's *MyPyramid* recommends eating lean or low-fat meats and poultry as well as choosing a wider variety of foods from this group. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. The amount of food you need to eat from the Meat and Beans Group depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the chart below.

Age		Daily Recommendation*
		(ounce equivalents) Total Daily
Children	2 to 3 years	2
	4 to 8 years	3 to 4
Girls	9 to 13 years	5
	14 to 18 years	5
Boys	9 to 13 years	5
	14 to 18 years	6
Women	19 to 30 years	5 ½
	31 to 50 years	5
	51+ years	5
Men	19 to 30 years	6 ½
	31 to 50 years	6
	51+ years	5 ½

\*Amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information

### What Counts As an Ounce?

The following lists specific amounts that count as 1 ounce equivalent in the Meat and Beans Group towards your daily recommended intake.

#### 1 ounce equivalents include:

- Meat, poultry, or fish the size of a deck of cards = 3 to 4 oz.
- 6 thin slices of lunchmeat (ham) = 2 oz.
- 7 medium shrimp = 2 oz.
- 25 almonds = 2 oz.
- 13 cashews = 2 oz.
- 9 walnuts = 2 oz.
- ½ cup black, kidney, pinto beans = 2 oz.
- 1 tbsp. of peanut butter = 1 oz.

To learn more about **Meats & Beans**, visit the USDA's MyPyramid website at: [www.mypyramid.gov](http://www.mypyramid.gov).

While you are there check out the "**MyPyramid Plan**" to help determine the amount of each food group needed daily.



### Safety First!

- Clean hands, utensils and surfaces often with hot, soapy water.
- Separate raw, cooked, and ready-to-eat foods.
- Cook foods to a safe temperature.
- Chill foods promptly and thaw properly.

### Tips to Help You Go Lean!

- **Trim** away all visible fat from meats and poultry before cooking.
- **Broil, grill, roast, or poach** meat, poultry, or fish instead of frying.
- **Season** meat, poultry, or fish with broth, herbs, and spices instead of using fat for flavor.
- **Choose extra lean** ground beef and turkey. The label should say at least "90% lean."
- **Serve fish** more often, including fish rich in Omega-3 fatty acids – salmon, trout, and herring.
- **Choose dry beans and peas** as a main dish – chili, split pea or white bean soup or top salads with beans.
- **Eat nuts or seeds** for snacks or add on a salad.