Go Lean with Protein

• Meat
• Poultry
• Fish
• Eggs
• Beans
• Peas
• Nuts
• Seeds

How Much is Needed Daily

5 ½ one-ounce-equivalents*

• 1 ounce-equivalent is:
  • 1 ounce of cooked lean meats, poultry, and fish
  • 1 egg
  • ¼ cup cooked beans or tofu
  • 1 tablespoon peanut butter
  • ½ ounce of nuts and seeds

* for a 2,000 calorie diet

Common Portion Sizes

3 oz cooked meat, fish, or poultry = deck of cards

2 oz beans = 1 cup of soup

½ oz of nuts = 12 almonds or 1 closed matchbook
Keep it Lean

- Choose lean cuts of meat.
- Choose extra lean ground beef (at least 90% lean), turkey or chicken.
- Remove skin and trim visible fat before cooking.
- Broil, roast, poach, bake, or boil.
- Prepare beans without added fat.
- Limit gravy and high-fat sauces on protein foods.

Vary Your Choices
Choose fish, beans, peas, nut and seeds often in place of meat or poultry.

Meals and Snack Ideas
- Choose a small amount of nuts as snacks
- Top salads with nuts, seeds or beans
- Use beans in main dishes to replace meat or poultry
- Try stir-fry tofu
- Choose a veggie burger over a hamburger
- Sprinkle lemon juice and dill on top of salmon and grill or broil