

Go Lean with Protein!



Choose lean meats and poultry.
Vary your protein choices by eating more fish,
beans, peas, nuts, and seeds.

Eat 5 1/2 ounces* (2 to 3 servings) of protein foods (meat, poultry, fish, dry beans, eggs, and nuts) every day.

- Two to three ounces of cooked lean meat, poultry or fish count as one serving of a protein food.
- One-fourth cup of cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 oz. of nuts and seeds count as 1 ounce of meat.



Save money when purchasing meat, poultry, and fish.

- Buy less expensive cuts of meat and poultry.
 - Choose lean ground meats
 - Buy and cook whole chickens or turkeys and freeze the leftovers after cutting them into single servings.
 - Buy a whole ham and use in several dishes.
- Use small amounts of meat, poultry, and fish in combination dishes (mix meat with grains and/or vegetables in a casserole).

Bake, broil or grill meats, poultry and fish.

Limit your intake of saturated fats and cholesterol.

- Choose dry beans, peas, and lentils often.
- Eat less than 300 mg. of cholesterol each day. One egg yolk contains about 220 mg. of cholesterol. Use egg whites and egg substitutes because they contain no cholesterol and little or no fat.
- Trim fat from meat and take skin off poultry.
- Limit intake of high-fat processed meats such as bacon and sausages.

*The recommendation of 5.5 oz. of protein foods every day is based on a 2,000 calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.