



What is a smart choice?

- ◆ Choose lean cuts of meat or low-fat poultry.
- ◆ Lean meats and poultry are lower in saturated fats, which raise “bad” cholesterol (LDL), increasing the risk for heart disease.
- ◆ Fish, nuts and seeds contain healthy fats — choose them more often than meat and poultry.



MyPyramid: Meat and Beans

Go lean with protein

Choose dry beans and peas

- ◆ Black beans
- ◆ Black-eyed peas
- ◆ Garbanzo beans (chickpeas)
- ◆ Kidney beans
- ◆ Lentils
- ◆ Navy beans
- ◆ Soybeans
- ◆ Split peas
- ◆ Tofu (bean curd made from soy beans)
- ◆ White beans



Try nuts and seeds

- ◆ Almonds
- ◆ Cashews
- ◆ Hazelnuts
- ◆ Mixed nuts
- ◆ Peanuts
- ◆ Peanut butter
- ◆ Pecans
- ◆ Pistachios
- ◆ Pumpkin seeds
- ◆ Sesame seeds



What counts as an ounce?

- 1 ounce lean meat, poultry or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

- ◆ The number of ounces you need daily from the Meat and Beans Group depends on your age, sex and amount of physical activity.
- ◆ Most people eat enough from the Meat and Beans Group, but it is important to make leaner and more varied selections.



Go lean with protein

- ◆ Foods in this group can be high in saturated fat and cholesterol.
- ◆ Choose lean meats and low-fat poultry.
- ◆ Boil, bake, grill, roast, poach or boil meat and poultry instead of frying.
- ◆ Vary your protein routine — choose more fish, beans, peas, nuts and seeds.



Nutrients in the Meat and Beans Group

- ◆ Protein
- ◆ B vitamins
- ◆ Vitamin E
- ◆ Iron
- ◆ Zinc
- ◆ Magnesium

Fish, nuts and seeds

- ◆ Sources of healthy monounsaturated and polyunsaturated fats.
- ◆ Some fish, such as salmon, trout and herring, are high in omega-3 fatty acids.
- ◆ Omega-3 fatty acids may reduce your risk of heart disease.
- ◆ Some nuts and seeds, such as walnuts and flax, are excellent sources of essential fatty acids.
- ◆ Sunflower seeds, almonds and hazelnuts are good sources of vitamin E.



What if I’m a vegetarian?

- ◆ Protein sources for vegetarians include eggs (for ovo-vegetarians), beans, nuts, nut butters, peas and soy products, such as tofu, tempeh and veggie burgers.
- ◆ Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice.



- ◆ Focus on these key nutrients: protein, iron, calcium, zinc and vitamin B12.
- ◆ Select adequate variety and amounts of these foods.

Vary your protein sources

- ◆ Choose dry beans or peas as a part of a meal.
- ◆ Choose nuts as a snack, a salad topping or an addition to main dishes.
- ◆ Replace meat or poultry with nuts or beans.



This display was developed by:
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