

# 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

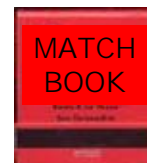
3 oz cooked meat, fish, or poultry = deck of cards



2 oz beans = 1 cup of soup

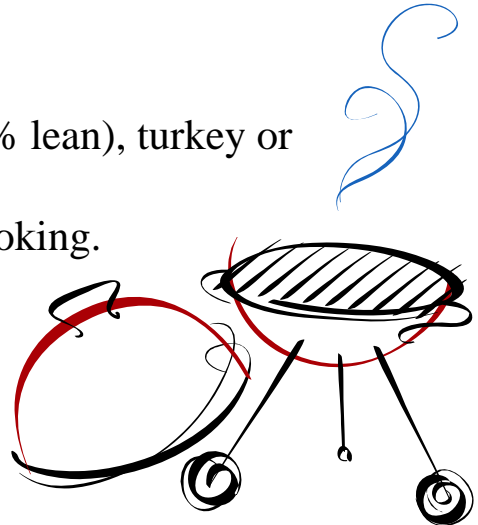


½ oz of nuts = 12 almonds or 1 closed matchbook



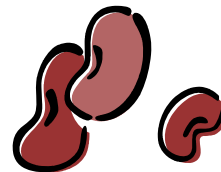
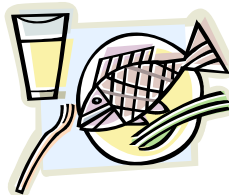
## Keep it Lean

- 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

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Dr. Josef M. Broder, Interim Dean and Director