**Go Lean with Protein!**

**How Much Is Needed Daily?**

5 1/2 ounce equivalents

One ounce equivalent is:

- 1 ounce cooked lean meat, poultry or fish
- 1 egg
- 1/4 cup cooked beans or tofu
- 1 tablespoon peanut butter
- 1/2 ounce nuts or seeds

**Common Portion Sizes**

- 3 ounces cooked meat, fish or poultry = deck of cards
- 2 ounces of beans = 1 cup of bean soup.
- 1/2 ounce nuts = 12 almonds or 1 closed match book
Keep It Lean
- Choose lean cuts of meat.
- Choose extra lean ground beef, turkey or chicken.
- Remove skin and trim visible fat before cooking.
- Broil, roast, grill, bake or boil.
- Prepare beans without added fat.
- Limit gravy and high fat sauces.

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

Meal and Snack Ideas
* Choose small amounts 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 hamburger.
* Sprinkle lemon juice and dill on salmon and grill or broil.