



Go Lean with Protein!

How Much Is Needed Daily?

5 1/2 ounce equivalents

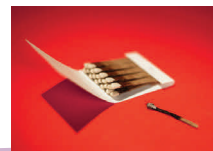
One ounce equivalent is:

- 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 meat 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.

Publication #FDNS-E-89-39a

Revised by Connie Crawley MS, RD, LD
2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity
Employer/Affirmative Action Organization
Committed to a Diverse Work Force**