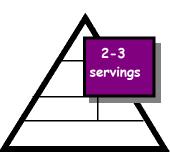


Healthy Lifestyle Tip Sheet...... Meat, Poultry, Fish, Egg, Dry Bean, and Nut Group



Animal and Plant Protein Sources

- Foods from this group provide protein, B-vitamins, iron and zinc.
- Protein builds, maintains, and repairs your body tissues.
- The Food Guide Pyramid recommends 2-3 servings daily.

One serving is:

- 2-3 oz of cooked lean meat, poultry, fish or tofu (About the size of a computer mouse)
- 1 egg
- 1/2 cup cooked, dried beans like pinto, navy or black beans
- 2 tbsp peanut butter

Easy ways to trim away the fat

• Choose lean meats or plant proteins most of the time.



- Before cooking:
 - Trim away visible fat from the meat.
 - Remove skin from poultry.
- Grill, roast, broil, bake, or boil instead of frying.

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