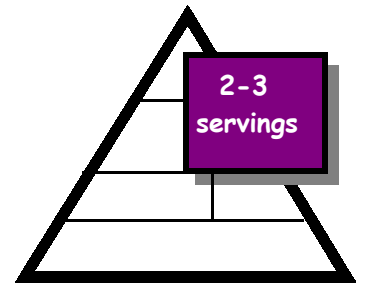


Meat, Poultry, Fish, Egg, Dry Bean, and Nut Group

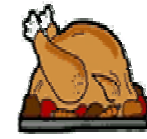


Animal and Plant Protein Sources

- 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



Chicken breast:
3 oz



Fish:
3 oz



Cooked beans:
1/2 cup



Peanut Butter:
2 Tbsp



Egg:
One egg



Nuts:
1/3 cup

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.



Vegetarian diets must be carefully planned to insure adequate nutrition, in particular, vitamin B12 and protein. For more information, refer to:
[American Dietetic Association](http://www.eatright.org/)
www.eatright.org/
or
[KidsHealth](http://KidsHealth.Kidshealth.org/)
[Kidshealth.org/](http://KidsHealth.Kidshealth.org/)