



# Go Lean with Protein

## Meat & Beans

Eat Smart Program  
Missoula City-County  
Health Department

The foods included in this group all provide essential amino acids and vitamins and minerals needed for growth and cellular repair. These protein-rich foods also help us to feel full in between meals.

- Foods in this group include meat, beans, eggs, nuts, fish and poultry

### MyPyramid recommendations:

- 5-1/2 ounces/day of lean meats or alternative non-meat protein foods
- 1 oz = 1 oz meat, 1 tablespoon peanut butter, 25 almonds, 1 egg or 1/2 cup of beans

### Keeping an eye on portion sizes

A 3-oz serving of meat is approximately the size of a deck of cards.

- Oftentimes the meat we are served in a restaurant or purchase in the supermarket is at least double this size (think of the average steak, chicken breast or fish fillet).



A 3-oz serving of meat is about the size of a deck of cards. Eat one steak twice this size and you've met your daily recommendation for protein.

### Selecting lean meats

- Chicken or turkey: breast or cutlets (without skin)
- Ground meats: at least 90% lean
- Beef and pork: select cuts such as loin or round—and remember—the more marbling the more fat
- Fish: go for varieties that are rich in omega-3 fats such as salmon and trout
- Eggs: they're affordable and nutrient-packed! But note that 1 egg = 215mg of cholesterol (300mg or less is the recommended daily limit).

### Don't forget nuts and beans!

- Beans: not only are they a good source of protein, but they're also low in fat and high in fiber (*you need at least 25g fiber every day*).
- Nuts: a good source of vitamins E & D and heart-healthy monounsaturated fat. Note that because nuts are high in fat they're also high in calories. Try to limit yourself to 1-ounce of nuts/day.

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For more information about the meat and beans group including serving sizes and a more complete list of foods included go to [www.mypyramid.gov](http://www.mypyramid.gov).

