

### **What is in the meat and beans group?**

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are included in this group. Dry beans and peas are part of this group *and* the vegetable group.

### **How much should I eat?**

Most people need about 5 ounces per day. Some people may need a little more or a little less, depending on their physical activity level, age, and gender. Most meat and poultry choices should be lean or low-fat.

### **What counts as an ounce?**

- 1 ounce of meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

### **Nutrition**

Foods from the meat and beans group provide protein, vitamins, and minerals for healthy bodies.

### **Shopping List**

Tips for including meats and beans in your diet:

- Buy lean meats.
- Trim away any visible fat or skin on meat and poultry before cooking.
- Choose foods low in saturated fat and cholesterol.
- Cook beans without added fat.
- Choose nuts as a snack or on salads. Replace meat or poultry in main dishes with nuts, fish, and seeds.

