

# Meat & Bean Group

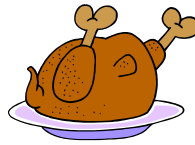
**Why lean?** Lean meats & poultry are lower in saturated fats, which raise “bad” cholesterol (LDL), increasing one’s risk for heart disease.

Higher amounts of saturated fats are found in: fatty cuts of beef, pork & lamb, regular ground beef, regular sausages, hot dogs, bacon, some luncheon meats & poultry, such as duck.



## Key nutrients:

- B vitamins
- Iron
- Magnesium
- Protein
- Vitamin E
- Zinc



## Cholesterol Check:

Some foods in this group are high in cholesterol, which can raise LDL cholesterol. These foods are: egg yolks & organ meats, like liver.

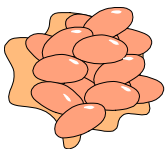
### Foods in the Meat & Bean group:

- Dry beans & peas
- Fish
- Meat
- Nuts & seeds
- Poultry
- Soy beans (tofu, eggs, hummus, soy or bean burger patties)
- Eggs

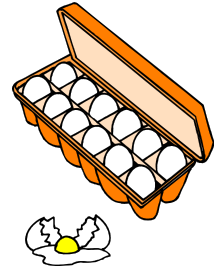


## Consider these tips:

- Keep choices lean by trimming away all visible fat from meat & poultry and also, remove chicken skin before cooking.
- Broil, grill, roast, poach or boil foods instead of frying & drain off any fat that may appear.
- Skip or reduce the amount of breading on meats, poultry or fish because it adds fat & calories.



- Skip or reduce the amount of high-fat sauces or gravies added to meat.
- Prepare beans & peas without adding extra fat.
- Read the nutrition label on packaged foods for amounts of saturated fat, trans-fat, cholesterol & sodium.
- Pick a variety of proteins. Try having fish for lunch or dinner more often, especially fish rich in omega-3 fatty acids, such as salmon, trout & herring.
- Use dry beans or peas as a main dish or side dish with meals.
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- Eat nuts as a snack or to replace meat or poultry on salads or main dishes.



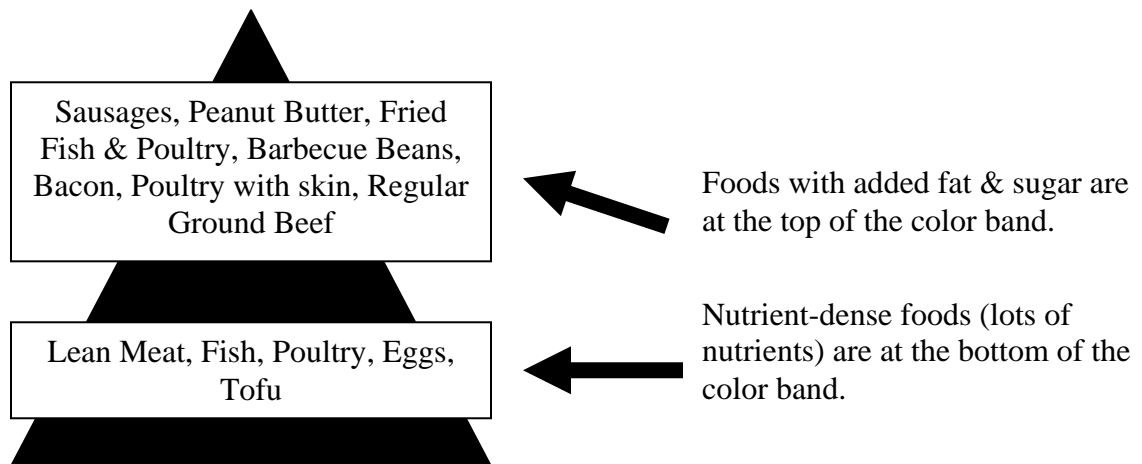
### Measuring Up:

Amounts are now measured in ounce equivalents

- 1 oz of meat, poultry or fish
- ¼ cup cooked dry beans
- 1 Egg
- 1 tablespoon of peanut butter
- ½ oz of nuts or seeds

Are all considered 1 oz. equivalent from the meat & beans group

### MyPyramid & Food Choices



For additional information on meat & beans, visit [www.mypyramid.gov](http://www.mypyramid.gov).

Adapted from University of Missouri Extension

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