



Food Group Spotlight: Meat & Beans

What foods are included in the meat and beans group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Vary your protein choices:

Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring. Some ideas are:

- Salmon steak or filet
- Salmon loaf
- Grilled or baked trout

Choose dry beans or peas as a main dish or part of a meal often. Some choices are:

- Chili with kidney or pinto beans
- Stir-fried tofu
- Split pea, lentil, minestrone, or white bean soups
- Baked beans
- Black bean enchiladas
- Garbanzo or kidney beans on a chef's salad
- Rice and beans
- Veggie burgers or garden burgers
- Hummus (chickpeas) spread on pita bread

Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items:

- Use pine nuts in pesto sauce for pasta.
- Add slivered almonds to steamed vegetables.
- Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
- Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
- Add walnuts or pecans to a green salad instead of cheese or meat.

Want to learn more? Check out MyPyramid.gov!

BALANCED CHOICES®
for a healthy lifestyle

Monthly SUPERFOODS Promotion

Yogurt

is rich in calcium and an excellent source of protein!

Yogurt is milk that has been inoculated with 2 live cultures: *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

Probiotics are healthful bacteria

Yogurt is extremely versatile and can be used as a substitute for many high-fat foods such as mayonnaise, sour cream, cream, and ice cream.

YOGURT