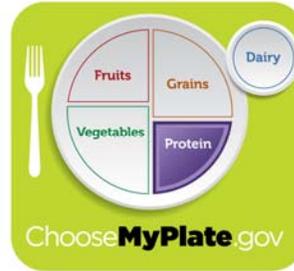


# Protein Foods Group

Go lean with protein.



Foods from the protein foods group provide nutrients that are important for growth, strong muscles and organs, fighting infection, and preventing anemia. This group includes all foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds. Choose poultry without skin, extra lean ground beef, cuts of beef and pork with 'loin' or 'round' in the name, and fish. Choose fish, nuts, and seeds a couple of times a week in place of meat because they contain healthy oils that are good for you.

## How much do you need to eat from the protein foods group?

The exact amount of items from the protein foods group that you need to eat depends on your age, sex, and how much physical activity you get each day. A typical person should aim to eat about **5½ ounces** of foods from the protein foods group each day.

### One ounce equals:

- 1 ounce of meat, poultry, or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds
- ¼ cup (about 2 ounces) tofu

### Common portions and how many ounces that equals:

- 1 small hamburger = 2 to 3 ounces
- 1 small chicken breast = 3 ounces
- 1 can of tuna = 3 to 4 ounces
- 1 soy burger = 2 ounces

## Iron and Anemia

It is important to eat foods rich in iron to help keep enough iron in your blood. It is common for children, teens, and adult women to be anemic because they do not get enough iron in their diets. Foods rich in iron help prevent iron deficiency anemia. Add vitamin C-rich foods to meals to help your body better absorb the iron in foods.

**Good Sources of Iron:** organ meats (liver, heart, kidney), cooked beans, cooked lentils, tuna, cooked dry peas, beef, and pumpkin or squash seeds.

**Good Sources of Vitamin C:** citrus fruits, cantaloupe, broccoli, cauliflower, green pepper, and cabbage.

Know how. Know **now.**

## \$\$ Money Saving Tips for Meats \$\$

- Buy meat in bulk. Divide into smaller portions and freeze to use for later meals.
- Buy a whole chicken and cut it into parts yourself.
- The less tender cuts of beef (round, chuck, and shoulder) cost less, and are just as nutritious. Marinate, braise, or stew to make them more tender.
- Extra lean beef will yield more servings of cooked meat per pound than regular ground beef.
- For meats, compare the cost per serving NOT the cost per pound. (see “Servings per pound”)
- Avoid expensive canned and frozen “convenience” meats.
- For lean cuts of meat, choose those with the word “loin” or “round” in the name.

### Servings per pound...

Type of Meat	Servings/Pound
Lean, boneless (extra lean ground beef, fish fillet)	4-5
Small, bone-in (chuck roast, chicken breast)	3-3 ½
Large, bone-in (pork chops, drum sticks)	2-2 ½
Bony meat (spareribs, wings)	1-1 ½

## Broccoli Chicken Salad

Makes 4 servings

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| <p><b>1½ cups cooked chicken breast, cubed</b></p> <p><b>1½ cups fresh broccoli florets</b></p> <p><b>¼ cup red onion, chopped</b></p> <p><b>2 tablespoons sunflower kernels, unsalted</b></p> <p><b>2 tablespoons raisins</b></p> <p><b>2 bacon strips, cooked and crumbled</b></p> | <p><b>½ cup low-fat mayonnaise</b></p> <p><b>1 tablespoon sugar</b></p> <p><b>1 tablespoon red wine vinegar</b></p> |
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1. In a medium bowl, combine the first six ingredients. Combine the low-fat mayonnaise, sugar, and vinegar. Add to chicken mixture, and toss to coat.
2. Refrigerate until serving.

Nutrition Information per Serving: 240 calories, 13 g fat, 3 g saturated fat, 40 mg cholesterol, 550 mg sodium, 14 g carbohydrates, 2 g fiber, 9 g sugar, 32 g protein, vitamin A 15%, vitamin C 45%, calcium 2%, iron 18%.

Sources: 55 Ways to Save at the Grocery Store, Virginia Cooperative Extension, [ChooseMyPlate.gov](http://ChooseMyPlate.gov), United State Department of Agriculture, 2010.