



MyPyramid – Meat and Beans references



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Information taken from
USDA's MyPyramid.gov 8/05
<http://extension.missouri.edu/FNEP/tipsheets/meatbeans.pdf>
Accessed: 4/07

MyPyramid Meat and Beans

Adapted from MyPyramid.gov 8/05
<http://extension.missouri.edu/hes/fn/pyramid/meat.htm>
Accessed: 4/07

MyPyramid.gov Meat and Beans Inside the Pyramid

What's in the Meat and Beans Group?

<http://www.mypyramid.gov/pyramid/meat.html>

How much is needed?

http://www.mypyramid.gov/pyramid/meat_amount.aspx

What counts as an ounce?

http://www.mypyramid.gov/pyramid/meat_counts.html

Nutrients and Health Implications

http://www.mypyramid.gov/pyramid/meat_why.html

Tips for making wise choices

http://www.mypyramid.gov/pyramid/meat_tips.html
Accessed: 4/07