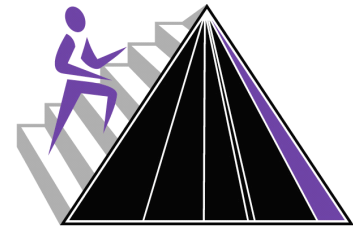


Meat & Bean Group

Why lean? Lean meats and 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 and lamb; regular ground beef; regular sausages; hot dogs; bacon; some luncheon meats; and some poultry, such as duck.



Meat & Bean Group
Go lean with protein

**Protein, B vitamins, Vitamin E,
Iron, Zinc, Magnesium**

Cholesterol Check:

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

Foods in this group:

Meat, poultry, fish, eggs, nuts and seeds, dry beans and peas, and soy beans (tofu, falafel, hummus, soy or bean burger patties).

Amount Alteration:

Peanut butter oz. equivalent is smaller (when compared to the Food Guide Pyramid) due to the calorie and fat content.

1 T peanut butter = 1 oz. of meat.

Fish, Nuts & Seeds

Sources of monounsaturated and polyunsaturated fats.

Some fish (salmon, fat, herring) are high in omega-3 fatty acids (EPA and DHA). These fatty acids may reduce the risk of heart disease.

Some nuts and seeds (flax, walnuts) are excellent sources of essential fatty acids.

Sunflower seeds, almonds and hazelnuts are good sources of Vitamin E.

SAUSAGES, PEANUT BUTTER, FRIED FISH AND POULTRY, BARBECUE BEANS, BACON, POULTRY WITH SKIN, REGULAR GROUND BEEF

LEAN MEAT, FISH, POULTRY, EGGS, TOFU

MyPyramid & Food Choices

Foods with added fat and sugars are at the top of the color band.

Nutrient-dense foods are at the bottom of the color band.

Information taken from USDA's MyPyramid.gov 8/05
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