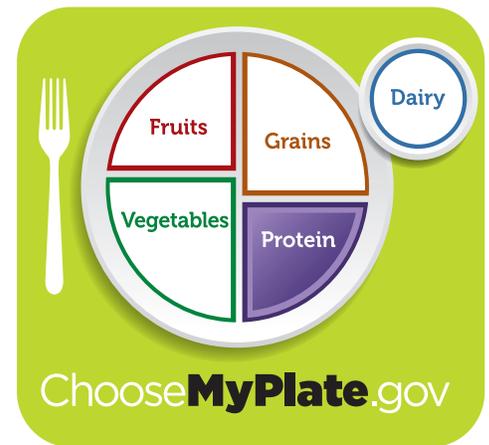


Go Lean with Protein

Did you know... Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body. Protein Foods provide vital nutrients such as B vitamins, vitamin E, iron, zinc, and magnesium. However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications.

Choose Wisely Buy the leanest beef, pork, chicken, and turkey cuts, extra lean ground beef, and skinless chicken parts (or remove the skin before cooking).



Lean Beef Cuts

- round steak
- certain roasts:
 - eye of round
 - top round
 - bottom round
- round tip
- arm roast
- top loin
- top sirloin
- chuck shoulder

Lean Pork Cuts

- loin
- tenderloin
- center loin
- ham

Other Protein Foods

- seafood
- beans and peas*
- eggs
- processed soy products
- nuts and seeds

Lean Poultry Choices

- boneless, skinless chicken breast
- boneless skinless turkey breast

What's inside? When picking out protein foods at your local grocery store, choose extra lean ground beef. The label should say at least "90% lean." You may be able to find ground beef that is 93% or 95% lean. Also, be sure to choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

Balance Your Meals with Protein

Choose seafood at least twice a week as the main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.

Choose beans, peas, or soy products as a main dish or part of a meal often.

Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry.

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.

***Fun Fact:** *Beans and peas can count as either a vegetable or a protein food.* Individuals who regularly eat meat, poultry, and fish would count beans and peas in the Vegetable Group. Vegetarians, vegans, and individuals who seldom eat meat, poultry, or fish would count some of the beans and peas they eat in the Protein Foods Group

Keep your protein lean.



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