

Go Lean With Protein!



Choose **lean meats and poultry.**

Vary your protein choices by eating more fish, beans, peas, nuts, and seeds.

Eat 2 to 3 servings of protein foods (meat, poultry, fish, dry beans, eggs, and nuts) every day.

- Two to three ounces of cooked lean meat, poultry or fish count as one serving of a protein food.
- One-half cup of cooked dry beans, 1 egg, 1/3 cup of nuts, and 2 tablespoons of peanut butter count as 1 ounce of meat.

Save money when purchasing meat, poultry, and fish.

- Buy less expensive cuts of meat and poultry.
 - Ground meats – like ground turkey, ground beef
 - Whole chickens or turkeys
 - Whole ham – use in several dishes
- Use small amounts of meat, poultry, and fish in combination dishes (mix meat with grains and/or vegetables in a casserole).

Limit your intake of saturated fats and cholesterol.

- Choose dry beans, peas, and lentils often.
- Eat less than 300 mg. of cholesterol each day. One egg yolk contains about 220 mg. of cholesterol. Use egg whites and egg substitutes because they contain no cholesterol and little or no fat.
- Trim fat from meat and take skin off poultry.
- Limit intake of high-fat processed meats such as bacon and sausages.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu