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SP655-E-Food Groups in Focus - Meat and Bean Group

The University of Tennessee Agricultural Extension Service

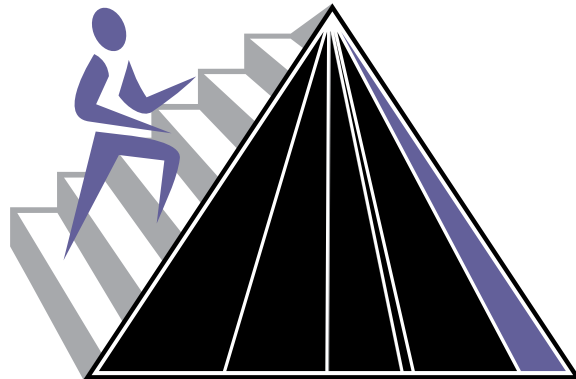
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Food Groups in Focus



Meat & Bean Group

Go lean with protein

Age	Recommended Daily Amount* (cups)
2 to 3 years	2
4 to 8 years	3 to 4
9 to 13 years	5
14 to 18 years	Female: 5
	Male: 6
19 to 30 years	Female: 5 ½
	Male: 6 ½
31 to 50 years	Female: 5
	Male: 6
51+ years	Female: 5
	Male: 5 ½

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

What counts as an ounce equivalent in the meat and bean group?

In general, 1 ounce of lean meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered 1 ounce equivalent from the meat & bean group.

Food	What counts as 1 ounce equivalent in the meat and beans group	Common portions and ounce equivalents
Meat	<ul style="list-style-type: none"> • 1 ounce cooked lean beef • 1 ounce cooked lean pork or ham 	<ul style="list-style-type: none"> • 1 small steak (eye of round, filet) = 3 ½ to 4 ounce equivalents • 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	<ul style="list-style-type: none"> • 1 ounce cooked chicken or turkey, without skin • 1 sandwich slice (4½ x 2½ x 1⁄8 inches) turkey 	<ul style="list-style-type: none"> • 1 small chicken breast half = 3 ounce equivalents • ½ Cornish game hen = 4 ounce equivalents
Fish	<ul style="list-style-type: none"> • 1 ounce cooked fish or shellfish 	<ul style="list-style-type: none"> • 1 can of tuna, drained = 3 to 4 ounce equivalents • 1 salmon steak = 4 to 6 ounce equivalents • 1 small trout = 3 ounce equivalents
Eggs	<ul style="list-style-type: none"> • 1 egg 	
Nuts and seeds	<ul style="list-style-type: none"> • ½ ounce nuts (12 almonds, 24 pistachios or 7 walnut halves) • ½ ounce pumpkin, sunflower or squash seeds, hulled and roasted • 1 tablespoon peanut or almond butter 	<ul style="list-style-type: none"> • 1 ounce nuts or seeds = 2 ounce equivalents
Dry beans and peas	<ul style="list-style-type: none"> • ¼ cup cooked dry beans (such as black, kidney, pinto or white beans) • ¼ cup cooked dry peas (such as chickpeas, cowpeas, lentils or split peas) • ¼ cup baked beans, refried beans • 1 (2¼-inch) falafel patty, 4 ounces • 2 tablespoons hummus 	<ul style="list-style-type: none"> • 1 cup split pea, lentil, bean soup = 2 ounce equivalents
Soybeans	<ul style="list-style-type: none"> • ¼ cup (about 2 ounces) tofu • 1 ounce tempeh, cooked • ¼ cup roasted soybeans 	<ul style="list-style-type: none"> • 1 soybean burger patty = 2 ounce equivalents

Source: USDA Center for Nutrition Policy and Promotion, visit MyPyramid.gov on the Web.
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