

# Go lean on protein



All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of the meat and beans group. Dry beans and peas are part of this group as well as the vegetable group.

## What's a protein serving size?

In general, one ounce of meat, poultry or fish, one-quarter cup cooked dry beans, one egg, one tablespoon of peanut butter, or one-half ounce of nuts or seeds can be considered as a one ounce equivalent from the meat and beans group.

## Tips to keep your protein lean

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry or fish.
- Prepare dry beans and peas without added fats.
- Choose and prepare foods without high-fat sauces or gravies.



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# Depart from the ordinary



Many people don't make a variety of choices in the meat and beans food group, selecting meat or poultry every day as their main dishes. Including fish, nuts and seeds in meals is a way to try new protein sources. Consider these tips:

## **Choose fish more often for a lunch or dinner entrée**

Look for fish rich in omega-3 fatty acids, such as salmon, trout and herring.

## **Prepare beans or peas as a main dish**

Try chili with beans, stir-fried tofu, split pea soup, black bean enchiladas and veggie burgers.

## **Add nuts to your salads and main dishes**

Sprinkle pine nuts in pesto sauce for your pasta, use slivered almonds with steamed vegetables, or include walnuts in a green salad instead of cheese or meat.

By regularly making lean protein choices, you could be a little leaner, too! Get the skinny on good protein sources from the Personal Health Manager's *Ask A Dietitian* feature that's available through Blue Access® for Members.

