



## Cooperative Extension

### FAMILY AND COMMUNITY HEALTH SCIENCES

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In general, 1 ounce of 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 as 1 ounce equivalent from the meat and beans group.

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health of your body. Choose foods from this group that are low in saturated fat and cholesterol to avoid health problems.



## How much food from the Meat & Beans Group is needed daily?

The amount of food from the Meat and Beans Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. Recommended daily amounts are shown in the chart.

Daily Recommendation		
<b>Children</b>	2-3 years old	2 ounce equivalents
	4-8	4 ounce equivalents
<b>Girls</b>	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
<b>Boys</b>	9-13 years old	5 ounce equivalents
	14-18 years old	6 1/2 ounce equivalents
<b>Women</b>	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
<b>Men</b>	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

## Health Implications

Diets that are high in saturated fats raise “bad” cholesterol levels in the blood. The “bad” cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Some food choices in this group are high in saturated fat. These include:

- fatty cuts of beef, pork, and lamb;
- regular (75% to 85% lean) ground beef;
- regular sausages, hot dogs, and bacon;
- some luncheon meats such as regular bologna and salami; and
- some poultry such as duck.

A high intake of fats makes it difficult to avoid consuming more calories than are needed.



## Health and Cholesterol

To help keep blood cholesterol levels healthy, limit the amount of animal protein foods you eat. Diets that are high in saturated fat can raise LDL cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. Foods high in cholesterol include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.

	Amount that counts as 1 ounce equivalent in the Meat and Beans group	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef	1 small steak (eye of round, filet) = 3 ½ to 4 ounce equivalents
	1 ounce cooked lean pork or ham	1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey	½ Cornish game hen = 4 ounce equivalents
Fish	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 oz equivalents
		1 salmon steak = 4 to 6 ounce equivalents
		1 small trout = 3 ounce equivalents
Eggs	1 egg	1 ounce
Nuts & seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 oz equivalent
Dry beans & peas	¼ cup of cooked dry beans (such as black, kidney, pinto, or white beans) ¼ cup of cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas) ¼ cup of baked beans, refried beans	1 cup split pea soup = 2 oz equivalent
		1 cup lentil soup = 2 oz equivalent
		1 cup bean soup = 2 oz equivalent
	¼ cup (about 2 ounces) of tofu	1 soy or bean burger patty = 2 oz equivalent
	1 oz. tempeh, cooked	
	¼ cup roasted soybeans 1 falafel patty (2 ¼", 4 oz)	
	2 Tbsp. hummus	

For more info: <http://njaes.rutgers.edu/fchs/> & <http://www.getmovinggethealthynj.rutgers.edu/>

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