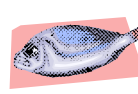


# Milk and Meat



## WHY MEAT, BEANS AND OTHER PROTEIN FOODS?

- Protein foods are needed to build and repair the body.
- Protein foods also contain iron for healthy blood and to prevent anemia.
- Protein foods include meat, beans, fish, poultry and eggs.
- To lower the fat content of meat, choose lean cuts and bake, broil or grill. Trim away fat before cooking. When browning hamburger meat, drain excess fat.
- Everyone needs about 5 ½ ounces of meat and/or beans each day. An ounce is equivalent to:
  - 1 ounce of cooked meat, poultry, or fish
  - 1 tablespoon of peanut butter
  - 1 egg
  - ¼ cup cooked dry beans or peas

Portion sizes: Meat, fish, poultry



3 oz. cooked meat, fish, or poultry = a deck of cards

## WHY MILK, CHEESE AND OTHER DAIRY FOODS?

- Dairy foods contain calcium for building strong bones and teeth.
- Dairy foods also contain protein to build and repair the body.
- Adults need 3 cups of milk or milk products each day.
  - Calcium rich foods include milk, cheese, yogurt, and milk-based pudding.
  - A serving is 1 cup of milk or yogurt, or 1 1/2 ounces of hard cheese (natural), or 2 ounces of processed cheese.
- The healthiest choices are low fat or skim milk products.
- Pregnant women and teens need 3-4 cups of low-fat milk each day.
- Children ages 1-2 need 2 cups each day of whole milk.
- Children ages 2-8 need 2 cups of low-fat milk each day.
- Children ages 9 and older need 3 cups of low-fat milk each day.

Portion sizes: Cheese



1½ ounces\* of *natural* cheese = 6 dice

\*Equivalent to 1 cup milk

2 oz. *processed* cheese = 8 dice = 1 cup milk