Go Lean with Protein!

Broil, grill, roast, poach or bake raw meat, poultry or fish instead of breading and frying.

Choose lean or low-fat cuts of meat (round or sirloin) and ground beef that is at least 90% lean. Remove poultry skin and trim or drain fat from all meats.

Try beans (black, kidney, pinto), unsalted nuts (peanuts, walnuts, almonds), and soy products (veggie burger, tofu) instead of meat.

Choose seafood at least twice a week like flounder, tilapia or canned fish.

ACTIVITY
Which cooked meat is a better choice?

Look in this pocket to find stories from families who made healthy changes!

Look in this pocket to find handouts and recipes on lean proteins!