

## **Teacher Guide:**

# **MEAT & BEAN GROUP**

## **KEY MESSAGES**

- Meat, poultry, fish, dry beans, eggs, and nuts are the foods that make up the Meat & Bean Group.
- Foods from the Meat & Bean Group are good sources of protein, b-vitamins, iron, and zinc. Vary your protein choices.
- Eat about 5.5 ounces of foods from the Meat & Bean Group each day.
- Meat, poultry, and eggs contain saturated fats and cholesterol. Limit your intake of saturated fat and cholesterol. Eat lean meats and trim away fat. Bake, broil or grill meats instead of frying.

## **OBJECTIVES**

Participants learn:

- about foods in the Meat & Bean Group.
- recommended servings of protein foods needed each day.
- sources of saturated fats and cholesterol from the Meat & Bean Group.
- how to limit intakes of saturated fat and cholesterol.

## **Suggested teaching materials:**

- Plastic food models or pictures of meat, poultry, fish, dry beans, eggs, nuts and seeds.
- Serving size examples of foods in the Meat & Bean Group.
- Meat & Bean Group handout

## Activities

- **Plan meals for a day.** Practice planning meals for a day/week that include 2-3 servings of meat, fish or poultry, egg, nuts, beans each day.
- **Serving Sizes** - Set up a display of serving sizes of foods found in the Meat & Beans group.
- **List ideas/ways to prepare lean meat, fish and poultry.**
- **Discuss ways to make economical meals with meat, fish, poultry, egg, nuts, and beans.**

## Choose lean meats and poultry.

- Vary your protein choices by eating more fish, beans, peas, nuts, and seeds.
- Bake, broil or grill meats, poultry and fish.
- Limit your intake of saturated fats and cholesterol.

| <b>Daily menu of meat, poultry, fish, dry beans, eggs, nuts</b>   |                      |              |                        |               |                      |
|---|----------------------|--------------|------------------------|---------------|----------------------|
| MyPyramid suggests you have about 5.5 ounces meat, poultry, fish each day. Using this chart, plan a daily menu and include a variety of lean meat choices from this food group. |                      |              |                        |               |                      |
| <b>Breakfast</b>  | <b>Morning Snack</b> | <b>Lunch</b> | <b>Afternoon Snack</b> | <b>Dinner</b> | <b>Evening Snack</b> |
|   |                      |              |                        |               |                      |

**One serving is:** 2 - 3 ounces of meat, poultry or fish

**Counts as 1 ounce of meat:** 1/4 cup cooked dry beans, peas, or lentils, 1 tablespoon of peanuts butter, 1/2 ounce of nuts or seeds, 1 egg

Mini-goals

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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