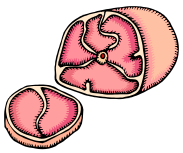
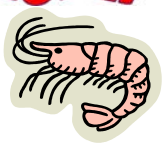
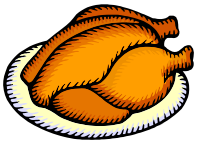
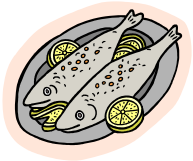
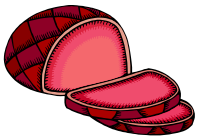
MOVE! Meat and Protein List

The meat and protein group is a good source of protein. Protein provides the body with amino acids needed to repair tissues and build new cells. Protein foods contain minerals such as iron and zinc, plus essential B-vitamins. A 3 ounce serving of cooked meat is the size of a deck of cards.

Lean Meats 55 calories per serving	Serving Size
Cheese with 1- 3 gram fat per ounce	1 oz
Chicken, turkey, Cornish hen, skin removed	1 oz
Lean beef – round, sirloin, flank steak	1 oz
Lean pork – leg, rump, center, shank, loin, ham	1 oz
Fish – fresh or frozen	1 oz
Shellfish – clams, oysters, shrimp	5 or 1 oz
Shellfish – squid, scallops, octopus, lobster	1 oz
Tuna – canned in water (rinse to remove sodium)	¼ cup
Cottage cheese	¼ cup
Wild game – rabbit, venison, frog legs	1 oz
Egg substitute	¼ cup
Fat free hotdog	1

Medium Fat Meats 75 calories per serving	Serving Size
Beef, pork, or lamb (most cuts)	1 oz
Cheese with 4 – 5 grams fat per ounce	1 oz
Egg	1
Cheeses, low fat, part skim	1 oz

Facts to Remember:

Select LEAN meats
Remove all skin and fat from poultry
Choose low fat cheeses
Baking, broiling, grilling for meats
Trim all excess fats
Buy Ground Meat with 10% fat or less by weight