



After the holidays, the last thing you want is more turkey! It is possible to have red meat in your diet and it still be healthy. Just use the following guidelines:

Portion Control

According to the USDA food pyramid, the average adult age 30 - 50 should consume 5 - 6 ounce equivalents from the meat and beans group daily. An ounce equivalent is:

- 1 ounce of meat, poultry or fish,
- $\frac{1}{4}$ cup cooked dry beans,
- 1 egg,
- 1 tablespoon of peanut butter,
- $\frac{1}{2}$ ounce of nuts or seeds

Make a lean choice

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- Choose extra lean ground beef. The label should say at least "90% lean". You may be able to find ground beef that is 93% or 95% lean.

Keep it lean

- Trim away all of the visible fat from meat before cooking.
- Drain off any fat that appears during cooking.
- Choose and prepare foods without high fat sauces or gravies.
- **Broil, grill or roast - no frying!!!**

Check out: MyPyramid.gov for more information from the USDA on nutrition.