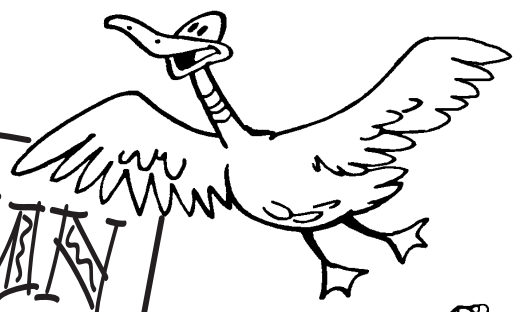


Name _____

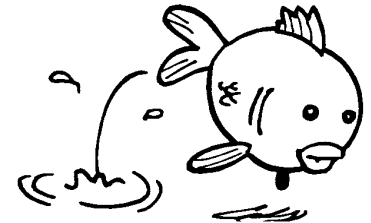
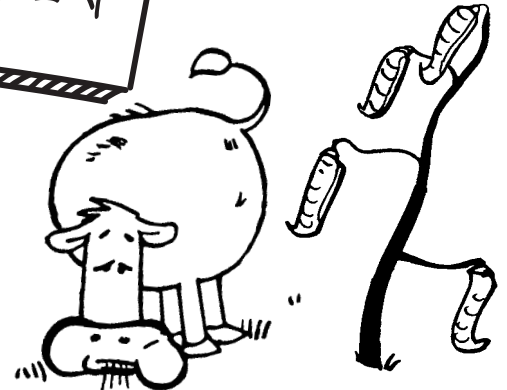
MEAT & BEANS FUN

GO LEAN ON PROTEIN!

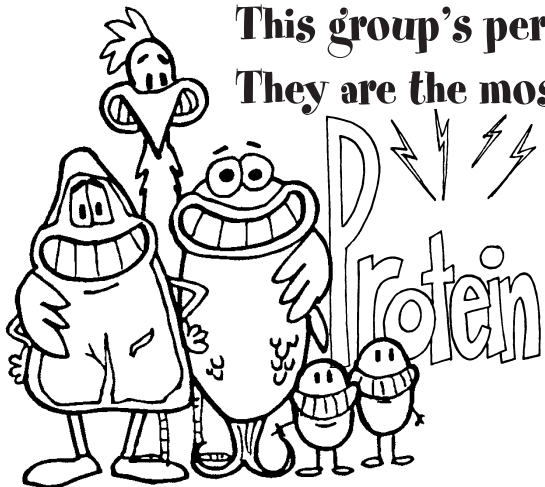


Some graze on the land, some swim in the sea,
Some fly through the air, some grow on a tree.

It's meat, poultry, nuts, dry beans, eggs and fish,
To join your diet is their fondest wish.



This group's personality stands quite tall.
They are the most complete proteins of all.

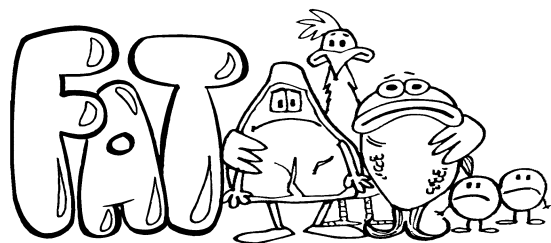


Protein is important to help you grow.
You need protein to live, this you should know!
It builds tissues, muscle, organs and cells,
Helps fight infections, goes where a germ dwells.

There's also iron, vitamins and zinc.
These are good for you and help you to think.



To eat protein that's lean, is where it's at,
Lean simply means
"lower in" or "less" fat.



- Recommended Daily Amounts:**
3-5 ounce equivalents. 1 ounce equals:
- 1 ounce of cooked lean meat, poultry or fish
 - 1/4 cup cooked dry beans
 - 1 tablespoon peanut butter
 - 1 egg
 - 1/2 ounce of nuts or seeds

So eat small portions from this group each day.
Go lean on protein, it's the winning way.

