

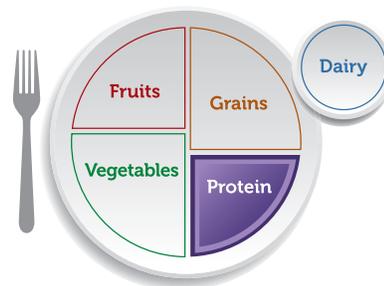
▶ LOOK FOR LEAN PROTEIN FOODS

Protein foods include meat, poultry, fish and other seafood, beans, eggs, nuts and seeds. Most of us eat enough protein every day. Eating both animal and plant sources offers variety and can help you stay within your budget. Adults and children who need 2,000 calories daily should eat about 5½ ounces of protein foods each day.

Include protein foods such as:

- **One whole egg** (counts as 1 ounce of protein)

- **½ cup cooked black beans** (counts as 2 ounces of protein)
- **One half of a small chicken breast** (counts as 2 to 3 ounces of protein)



▶ TIPS ON CHOOSING LEAN PROTEIN FOODS:

Trim the extra. Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner meal. Compare prices for lean meats with the fat already trimmed or poultry with the skin removed. 💰

Add a few nuts to your meal or snack. Nuts are a good source of protein but can be high in calories. Keep your servings small—1 ounce of almonds is about 20 to 24 nuts. Try peanut butter on apple slices, celery, or 100% whole-grain crackers.

Fry foods less often. Bake, broil, or microwave lean beef, pork, chicken, and turkey. You can use a lot less oil by cooking in an oven or microwave. Make protein foods with little or no added fat.

Try eating seafood at least 2 times per week. Buy fresh or canned fish, like tuna or salmon, when it's on sale. Canned fish usually costs less. 💰

Buy choices that fit your budget. Serve low-cost protein foods like beans, peas, and eggs to save money. Stock up on canned beans and peas when they are on sale. 💰

Keep your food safe! Wash your hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

💰 BUDGET-FRIENDLY TIP

To find the right amount of protein foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or SuperTracker.usda.gov.



▶ MEDITERRANEAN CHICKEN AND WHITE BEAN SALAD

TOTAL TIME: 20 minutes

MAKES: 4 servings

INGREDIENTS:

- 1 cup cooked chicken thighs, skinless, diced into ½-inch pieces
- 1 (15.5-ounce) canned white beans, low-sodium, drained
- 1 cucumber, peeled, diced into ½-inch pieces
- ¼ onion, peeled, chopped into ½-inch pieces
- 2 tablespoons vegetable oil
- ¼ cup lemon juice
- 1 tablespoon dried or fresh basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. Put everything in the bowl and gently toss.
2. Additional vegetables can be added such as ½ cup of diced bell pepper or ½ cup of celery.
3. Serve right away or cover and refrigerate up to 2 days.



NUTRIENTS PER SERVING:

Calories 297, Protein 20 g, Dietary Fiber 8 g, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 32 mg, Sodium 546.



For more recipes visit
WhatsCooking.fns.usda.gov.



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