



What is a smart choice?

- ◆ Choose lean cuts of meat or low-fat poultry.
- ◆ Lean meats and poultry are lower in saturated fats, which raise "bad" cholesterol (LDL), increasing the risk for heart disease.
- ◆ Fish, nuts and seeds contain healthy fats — choose them more often than meat and poultry.



Protein

Choose beans and peas

- ◆ Black beans
- ◆ Black-eyed peas
- ◆ Garbanzo beans (chickpeas)
- ◆ Kidney beans
- ◆ Lentils
- ◆ Navy beans
- ◆ Soybeans
- ◆ Split peas
- ◆ Tofu (bean curd made from soy beans)
- ◆ White beans

Try nuts and seeds

- ◆ Almonds
- ◆ Cashews
- ◆ Hazelnuts
- ◆ Mixed nuts
- ◆ Peanuts
- ◆ Peanut butter
- ◆ Pecans
- ◆ Pistachios
- ◆ Pumpkin seeds
- ◆ Sesame seeds
- ◆ Sunflower seeds
- ◆ Walnuts



Seafood

- ◆ Eat a variety of seafood.
- ◆ Keep it lean: grill, bake, broil or roast.
- ◆ Try canned seafood: salmon, tuna, or sardines. It's quick and easy to use.
- ◆ Get creative! Try it with a sandwich, stir-fry or pasta.



Go lean with protein

- ◆ Protein foods can be high in saturated fat and cholesterol.
- ◆ Choose lean meats and low-fat poultry.
- ◆ Boil, bake, grill, roast, poach or boil meat and poultry instead of frying.
- ◆ Keep portions small.



Nutrients provided

- ◆ Protein
- ◆ Vitamin E
- ◆ Zinc
- ◆ B vitamins
- ◆ Iron
- ◆ Magnesium

Fish, nuts and seeds

- ◆ Sources of healthy monounsaturated and polyunsaturated fats.
- ◆ Some fish (salmon, trout and herring) are high in omega-3 fatty acids.
- ◆ Omega-3 fatty acids may reduce your risk of heart disease.
- ◆ Some nuts and seeds (walnuts and flax) are excellent sources of essential fatty acids.
- ◆ Sunflower seeds, almonds and hazelnuts are good sources of vitamin E.



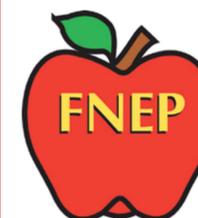
What if I'm a vegetarian?

- ◆ Protein sources include eggs (for ovo-vegetarians), beans, nuts, nut butters, peas and soy products, such as tofu, tempeh and veggie burgers.
- ◆ Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice.
- ◆ Focus on these key nutrients: protein, iron, zinc, calcium and vitamin B12.
- ◆ Select adequate variety and amounts of these foods.



Vary your protein sources

- ◆ Eat plant proteins more often.
- ◆ Eat seafood twice a week.
- ◆ Choose beans or peas as a part of a meal.
- ◆ Choose nuts as a snack, a salad topping or an addition to main dishes.
- ◆ Replace meat or poultry with nuts or beans.
- ◆ Go easy on processed meats. They are high in sodium.



Funded in part by USDA SNAP.
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