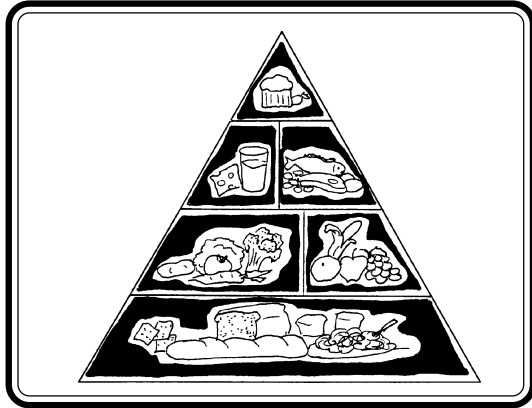


# Eating Well for Good Nutrition

Oklahoma Cooperative Extension Service • Oklahoma State University

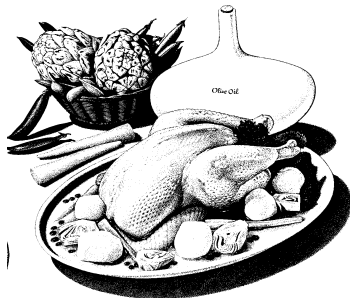


## **HEALTHY CHOICES IN THE MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP**

The Food Guide Pyramid recommends at least two servings from the meat, poultry, fish, dry beans, eggs and nuts group each day.

### **Lowering Fat**

- Choose lean cuts of meat, poultry and fish. Trim visible fat from meat and remove chicken skin.



- Use low-fat preparation methods such as broiling, grilling, roasting, poaching or steaming. Use non-stick pans and vegetable sprays for browning, sauteing or frying. Limit high-fat sauces and gravies.

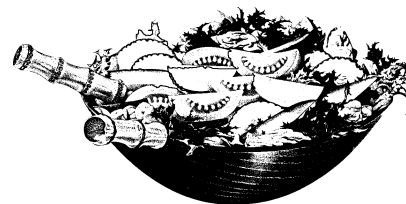
- Choose ground turkey meat, white meat, which has less fat than dark meat, low-fat luncheon meats and tuna packed in water. Use two egg whites or a quarter-cup of egg substitute for each whole egg.
- Frozen dinners, convenience foods, and packaged mixes can be high in fat. Check the Nutrition Facts Panel.

### **Lowering Sodium**

- Choose unsalted nuts, lower-sodium luncheon meats and reduced-sodium soups. Reduced-sodium soups still contain substantial sodium.
- Frozen dinners, convenience foods, and packaged mixes can be high in sodium. Check the Nutrition Facts Panel.

### **Increasing Fiber**

- Dried beans and peas are low-fat and an excellent source of fiber, vitamins and minerals. Add beans, peas and lentils to soups, stews, salads and rice dishes.



- Nuts are a good source of fiber but are high in fat.

**Suggested Readings:**

Oklahoma State University Extension Fact Sheets:

T-3138, *Dietary Fiber*

T-3142, *Dietary Salt*

T-3153, *Facts About Fat*

T-3154, *Facts About Cholesterol*

T-3157, *Sugar and Other Sweeteners*

T-3165, *Food Guide Pyramid: Guide to Daily Food Choices*

**Reference List:**

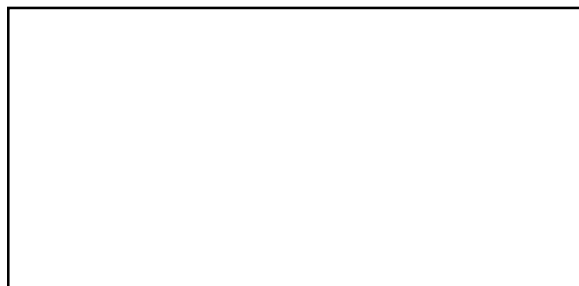
United States Department of Agriculture Human Nutrition Information Service. (1992) *The Food Guide Pyramid, Home and Garden Bulletin Number 252*. Washington, D.C.: Government Printing Office.

United States Department of Agriculture Human Nutrition Information Service. (1995) *Nutrition and Your Health: Dietary Guidelines for Americans, 4th ed., Home and Garden Bulletin Number 232*. Washington, D.C.: Government Printing Office.



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