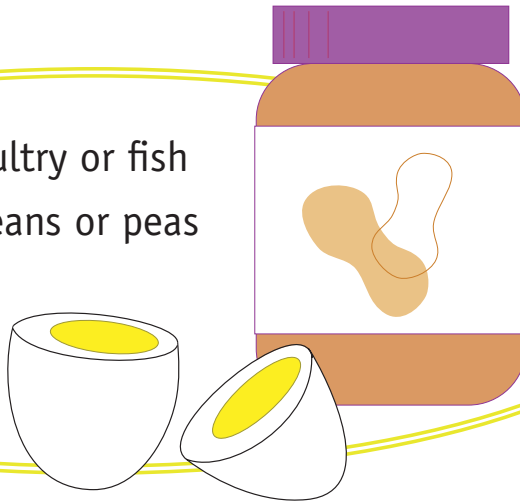


## Protein Selections

### What counts as an ounce of meat & beans?

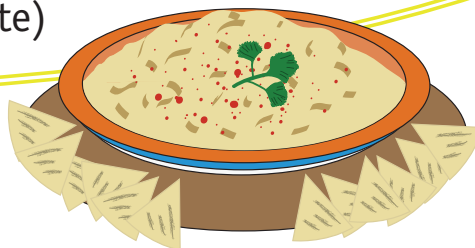
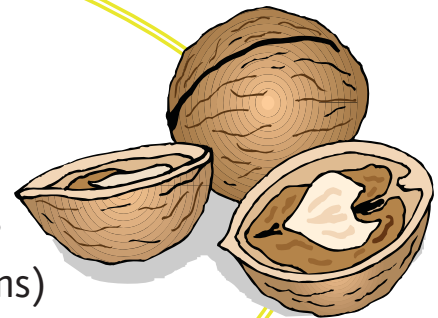
#### 1-Ounce Equivalent

- 1 oz cooked meat, poultry or fish
- 1/4 cup cooked dry beans or peas
- 1 egg
- 1 tbsp peanut butter
- 1/2 oz nuts or seeds



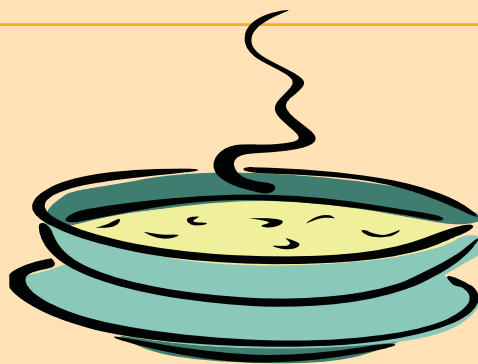
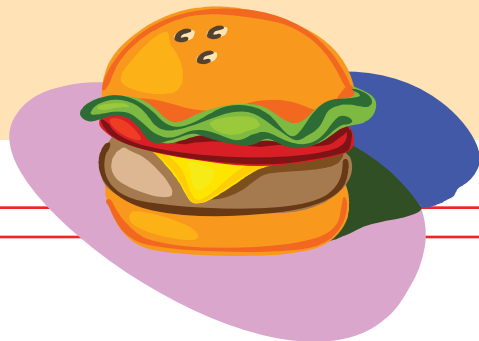
#### Other 1-Ounce Equivalents

- 1 sandwich slice of turkey (4 1/2" x 2 1/2" x 1/8")
- 1 oz shell fish
- 1/4 cup baked beans or refried beans
- 1 tbsp peanut butter or almond butter
- Nuts: 12 almonds, 24 pistachios or 7 walnut halves
- 1/4 cup, or about 2 oz, of tofu (made from soybeans)
- 1 oz of cooked tempeh (made from soybeans)
- 2 1/4" falafel patty, 4 oz (made from chick peas or fava beans)
- 2 tbs hummus (made with chick peas, or garbanzo beans and sesame oil or paste)



## 2-Ounce Equivalents

- 1 cup soup (pea, lentil, bean)
- 1 soy or bean burger patty
- 1 small, lean hamburger (2-3 oz)



## 3-Ounce Equivalents

- 1 small chicken breast half
- 1 small trout
- 1 can tuna, drained (3-4 oz)
- 1 can chicken, white chunk, drained



## 4-Ounce Equivalents

- 1 small steak - eye of round, filet (3 1/2 - 4 oz)
- 1/2 Cornish game hen



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