Meat and Beans Group

- Fats
  - Cholesterol
  - Saturated Fat
  - Unsaturated Fat
Fats
Go lean with protein:

- **leanest beef cuts** - (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.

- The leanest pork choices include pork loin, tenderloin, center loin, and ham.

- Trim away all of the visible fat from meats and poultry before cooking.
Go lean with protein:
Go lean with protein:

- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
Go lean with protein:

Go Lean with Protein:

- Choose Fish more often.
- Choose beans/nuts instead of meat.

References
