



How Much Meat and Beans?

This chart shows how much to eat from the Meat and Beans Group. This amount is right for persons who get less than 30 minutes of moderate physical activity each day. Those who are more active may need to eat more food to meet their calorie (energy) needs.

Individual needs vary, so use this as a general guide to your food intake.

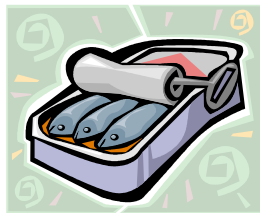
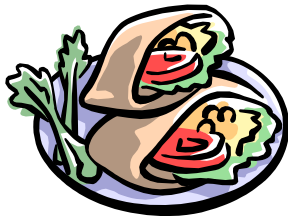
Group	Age	Daily Recommendation
Males	19 to 30 years old	6½ ounce equivalents
	31 to 50 years old	6 ounce equivalents
	51+ years old	5½ ounce equivalents
Females	19 to 30 years old	5½ ounce equivalents
	31+ years old	5 ounce equivalents

What Counts as an Ounce Equivalent?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds each counts as 1 ounce equivalent from the meat and beans group.

Here are some examples:

- ¼ cup tofu
- ¼ cup cooked black beans or chickpeas
- ¼ cup hummus



- 1 sandwich slice lean turkey meat
- 24 pistachios
- ½ cup split pea soup

