



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. Young people 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 food intake.

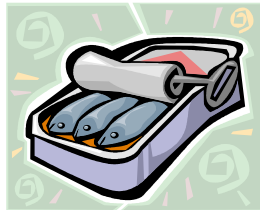
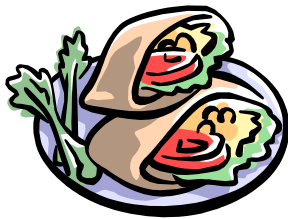
| Group | Age | Daily Recommendation |
|----------|-----------------|-----------------------|
| Children | 4-8 years old | 3-4 ounce equivalents |
| Girls | 9-18 years old | 5 ounce equivalents |
| Boys | 9-13 years old | 5 ounce equivalents |
| | 14-18 years old | 6 ounce equivalents |

What Counts as an Ounce?

In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds each counts as 1-ounce from the meat and beans group.

Here are a few more examples:

- $\frac{1}{4}$ cup tofu
- $\frac{1}{4}$ cup cooked black beans or chickpeas
- $\frac{1}{4}$ cup hummus



- 1 sandwich slice lean turkey meat
- 24 pistachios
- $\frac{1}{2}$ cup split pea soup

