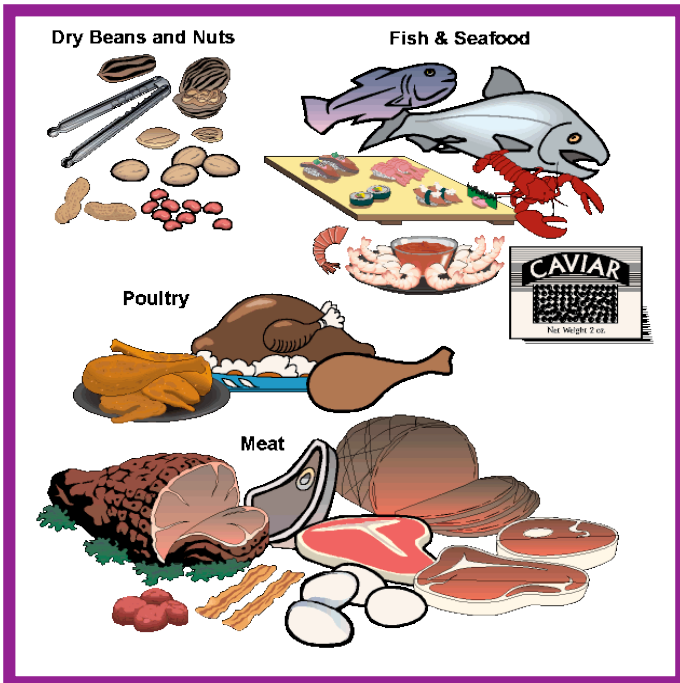


Nutrition News

JR Lowell Elementary School Parent and Child Newsletter
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This month's issue of **Nutrition News** takes you inside the Meat & Beans Group of the USDA's MyPyramid.

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What's in the Meat & Beans Group?

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group.

The amount of food you need to eat from the Meat & Beans Group depends on your age, sex, and level of physical activity.

Recommended Daily Servings*

	Age	Amount
Children	2-3	2 ounce equivalents
	4-8	3-4 ounce equivalents
Girls	9-13	5 ounce equivalents
	14-18	5 ounce equivalents
Women	19-30	5 ½ ounce equivalents
	31+	5 ounce equivalents
Boys	9-13	5 ounce equivalents
	14-18	6 ounce equivalents
Men	19-30	6 ½ ounce equivalents
	31-50	6 ounce equivalents
	51+	5 ½ ounce equivalents

*See page 2 for what counts as an ounce

Did you know.....

...it has been traditional to serve fish with a slice of lemon since the Middle Ages, when people believed that the fruit's juice would dissolve any bones accidentally swallowed?

...when a source of Vitamin C (orange, lemon, grapefruit, strawberry, tomato, potato, etc.) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food?

...George Washington Carver discovered improvements in horticulture and the development of more than 300 uses for peanuts (including shoe polish and shaving cream)?

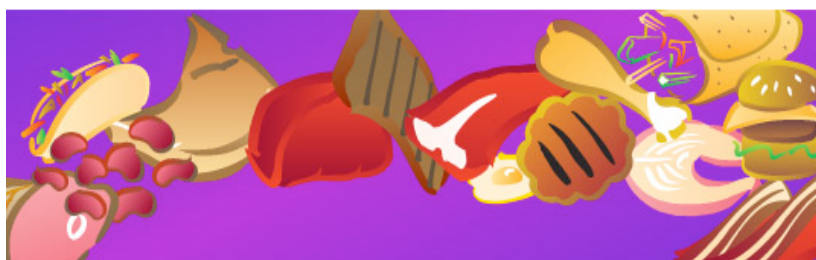


What counts as a 1 ounce equivalent?

- 1 ounce of meat, poultry, or fish
= 1 ounce equivalent
(2-3 ounces of beef, chicken, or fish is the size of a deck of cards)
- 1 tablespoon of peanut butter (size of 1 9 volt battery)
= 1 ounce equivalent
- $\frac{1}{2}$ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)
= 1 ounce equivalent
- $\frac{1}{2}$ ounce of seeds (pumpkin, sunflower, or squash seeds)
= 1 ounce equivalent
- $\frac{1}{4}$ cup of cooked dry beans (black, kidney, pinto, or white beans)
= 1 ounce equivalent
- $\frac{1}{4}$ cup of cooked dry peas (chickpeas, cowpeas, lentils, or split peas)
= 1 ounce equivalent
- $\frac{1}{4}$ cup (about 2 ounces) tofu
= 1 ounce equivalent
- 2 tablespoons hummus
= 1 ounce equivalent
- 1 egg
= 1 ounce equivalent

Tips for making wise choices from the meat & beans group....

- Choose extra lean ground beef. The label should say at least "90% lean". You may be able to find ground beef that is 93% or 95% lean.
- Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Trim away the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids such as salmon, trout, and herring.
- Choose dry beans or peas as a main dish or part of a meal often.
- Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items.
- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat such as regular bologna, salami, or mortadella.



Vegetarian Diets

Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate. Protein sources from the Meat and Beans group for vegetarians include eggs, (for ovo-vegetarians), beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers).

Tips:

- Build meals around protein sources that are usually low in fat such as beans, lentils, and rice. Don't overload meals with high-fat cheeses to replace the meat.
- Calcium fortified soy-based beverages can provide calcium in amounts similar to milk.
- Many foods that typically contain meat or poultry can be made vegetarian. This can increase vegetable intake and cut saturated fat and cholesterol intake.

Meat & Bean Spotlight: Lentils

Lentils are legumes along with other types of beans. They grow in pods that contain either one or two lentil seeds that are round, oval or heart-shaped disks and are oftentimes smaller than the tip of a pencil eraser. While the most common types in the United States are either green or brown, lentils are also available in black, yellow, red and orange colors.

Lentils are believed to have originated in central Asia, having been consumed since prehistoric times. They are one of the first foods to have ever been cultivated. Lentil seeds dating back 8000 years have been found at archeological sites in the Middle East.

Compared to other types of dried beans, lentils are relatively quick and easy to prepare. They readily absorb a variety of wonderful flavors from other foods and seasonings, are high in nutritional value and are available throughout the year. They are a very good source of dietary fiber and manganese and a good source of iron, protein, phosphorous, copper, thiamin and potassium.

Uses: Lentils can be used in salads, casseroles, purees, spreads, soups, and stews; often as a substitute for meat. They are great in tacos.

Storage: Store lentils in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 12 months.



Foods in the Meat & Beans group provide important nutrients such as protein, B vitamins, iron and zinc needed to boost the immune system, build and repair muscle, fuel activity and help your brain function.

Safe Handling and Storage Tips for Meat, Poultry & Seafood.

- Separate raw, cooked, and ready to eat foods.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip on other foods.
- Cook foods to a safe temperature to kill microorganisms. Use a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through.
- Plan ahead to defrost foods. **Never** defrost food on the kitchen counter at room temperature. Thaw food by placing it in the refrigerator, submerging air tight packaged food in cold tap water, or defrosting on a plate in the microwave.
- Avoid raw or partially cooked eggs or foods containing raw eggs and raw or undercooked meat and poultry.

FROM THE RECIPE BOX...

Quick Bean & Rice Burritos *Vegetarian Times* Serves 6

Ingredients

1 cup uncooked basmati or quick cooking brown rice
12 small flour tortillas
1 15 ½ ounce can black beans, un-drained
1 clove garlic, minced
1 medium tomato, chopped

¼ cup chopped onion
1 to 2 teaspoons chili powder or to taste
½ teaspoon ground cumin or to taste
chopped scallions and salsa for garnish
optional: sliced avocado, shredded cheese, sliced olives, low-fat sour cream, chopped bell peppers

Prepare rice according to package directions. Meanwhile, wrap tortillas in aluminum foil and place in 200 degree oven to warm. Combine beans, bean liquid, garlic, tomato, onion, chili powder, and cumin in a saucepan. Simmer until tomato begins to soften, about 5 minutes.

Remove tortillas from oven. Place a heaping tablespoon of rice and 1 to 2 tablespoons of bean mixture in a warm tortilla. Garnish with scallions, salsa, and optional ingredients if desired. Roll up tortillas, folding sides to enclose fillings.

Meat & Beans Word Find

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body. These nutrients include protein, B vitamins, vitamin E, iron, zinc, and magnesium. See if you can find the following:

lamb
beef
chicken
venison
hummus

turkey
chickpeas
lentils
salmon
kidney beans

cashews
walnuts
almonds
tofu
eggs

sunflower seeds
scallops
sardines
swordfish
tuna



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References

USDA's MyPyramid, Dietary Guidelines for Americans 2005, (HHS) Department of Health & Human Services, (USDA) United States Department of Agriculture. Wikipedia, World Book Online Reference Center), FDA Center for Food Safety & Applied Nutrition, Center for Science in the Public Interest, Nutrition Action Health Letter, Kansas State Research and Extension, Pennsylvania Department of Agriculture, Whole Foods Market, Nutrient Rich Foods Coalition (image), Virginia-Carolina Peanuts