



- Baked, broiled, barbecued or stir fried meat instead of deep fried
- Try a meatless meal once a week such as tofu, lentils & rice, an omelette, or a bean salad & pita bread

Pick a lean protein...

Meat and meat alternatives can be a good source for protein, iron and other nutrients.

Meat, poultry, fish and seafood can be cooked and prepared in many different ways. Try beans, dried peas, lentils, eggs and tofu for added variety to your meals.



Lean protein choices are...