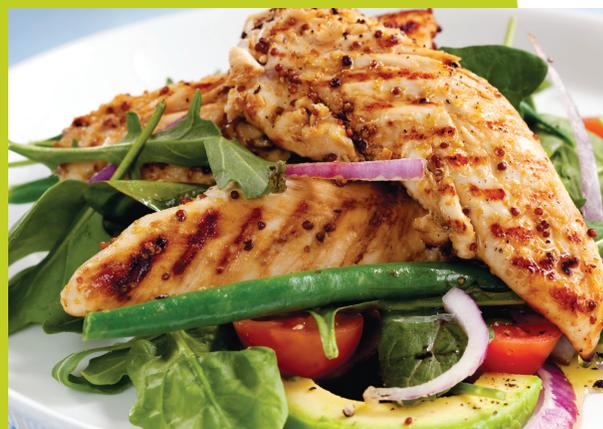


healthy eating

# Protein. Keep it lean.



As part of a healthy diet, your protein should be lean and, at least twice a week, make seafood your choice.

Eat a variety of foods from the protein group each week, including seafood, beans, peas and nuts, in addition to meats, poultry and eggs.

Choose meats and ground beef that are at least 90% lean. Trim or drain fat from meat, and remove skin from poultry to cut fat and calories.

## Eat 5½ ounces a day

What counts as an ounce? 1 ounce of lean meat, poultry or fish, 1 egg, 1 tbsp. peanut butter, ½ ounce nuts or seeds or ¼ cup beans.

## Tips to help you make wise choices from the protein food group

### Go lean with protein:

- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin and ham.
- Choose extra lean ground beef. The label should say at least “90% lean.” You may be able to find beef that is 93% or 95% lean.
- Boneless, skinless chicken and turkey cutlets are the leanest poultry choices.

- Choose lean turkey, roast beef, ham or low-fat luncheon meats for sandwiches instead of those with more fat, such as bologna or salami.

### Vary your protein choices:

- Choose seafood at least twice a week. Look for seafood rich in omega-3 fatty acids, such as salmon, trout and herring.
- Choose beans, peas or soy products as a main dish or part of a meal.
- Choose unsalted nuts for snacks, on salads, or in main dishes. Use nuts to replace meats and poultry, not in addition to these items.



[www.choosemyplate.gov/food-groups/protein-foods-tips.html](http://www.choosemyplate.gov/food-groups/protein-foods-tips.html)

The registered service mark “Cigna” and the “Tree of Life” logo are owned by Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by and through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc. and Cigna Behavioral Health, Inc. All models are used for illustrative purposes only.

850876 12/11 © 2011 Cigna. Some content provided under license.