



Meats and Beans for the Entire Family!



This is how many meats and beans we need each day:

Age	Girls	Boys	Age	Women	Men
2-3 years old	2 oz equiv	2 oz equiv	19-30 years old	5½ oz equiv	6 ½ oz equiv
4-8 years old	3- 4 oz equiv	3- 4 oz equiv	31-50 years old	5oz equiv	6 oz equiv
9-13 years old	5 oz equiv	5 oz equiv	51+	5 oz equiv	5½ oz equiv
14-18 years old	5 oz equiv	6 oz equiv			

What is a 1 ounce equivalent of meats and beans?

1 egg

1 sandwich slice of turkey

¼ cup cooked beans

1 ounce of cooked lean beef

How will you fit meats and beans into meals/snacks for you and your child?

# of Ounces Needed	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
My Child: _____					
Me: _____					