

Go
lean
with...



Fish, Eggs, Meats, & Beans



Did you know...

- That protein helps build strong muscles?

Aim for 5 ounces of fish, eggs, meats & beans a day!



2 ounces
of peanut
butter is
the size of
a ping
pong ball



2 ounces
of cooked
beans is
about the
size of
your fist



1 ounce
of eggs is
the size
of 1 egg



1 ounce
of nuts is
1 handful



3 ounces of
meat or fish
is the about
size of a
computer
mouse