Beans, pulses, fish, eggs, meat and other proteins

- This food group is a really important part of a healthy, balanced diet, as these foods are good sources of **protein**, and lots of essential **vitamins** and **minerals**.
- We should be trying to eat some more foods from this group, especially those that are plant-based sources of protein (beans and other pulses).

### What counts?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans and other pulses</td>
<td>80g or 3 heaped tablespoons</td>
<td>Will count as a maximum of 1 of your 5 A DAY</td>
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<tr>
<td>Fish</td>
<td>Aim for at least 2 portions per week (2 x 140g cooked weight), 1 of which should be oily</td>
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<tr>
<td>Meat, poultry and game</td>
<td>For <strong>red and processed</strong> meat, if eating more than 90g per day, try to cut down to no more than 70g* per day</td>
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<tr>
<td>Eggs and Nuts</td>
<td>*70g is equivalent to a piece of steak about the size of a pack of cards, 3 average-sized rashers of bacon or slices of ham, or a quarter-pounder beef burger.</td>
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<tr>
<td>Vegetarian meat alternatives</td>
<td></td>
<td><em>These are great alternatives to meat as they are inexpensive, but also naturally lower in fat and higher in protein, fibre, vitamins and minerals. We should be having more of these in our diets!</em></td>
</tr>
</tbody>
</table>

### Did you know?

- Oily fish is a good source of omega-3 fatty acids, which can help to keep your heart healthy!

### Why eat these foods?

**These foods provide a range of nutrients:**

- **Protein** – for growth and maintenance of normal muscles and maintenance of healthy bones.
- **Iron** – found in red meat. Contributes to the normal formation of red blood cells and transport of oxygen around the body.
- **Zinc** – found in meat. For maintenance of normal skin, hair, nails, vision and the immune system.
- **Vitamin B12** – found in meat and fish. For healthy red blood cells and nerve function.
- **Vitamin D** – found in oily fish. For healthy teeth, bones and muscles.
- **Omega-3 fatty acids** – found in oily fish. Helps to maintain normal and healthy heart function.

### To cut down on fat intake:

- Go for lean cuts of meat & leaner mince
- Remove the skin from chicken
- Trim off visible white meat fat
- Grill or bake meat and fish, instead of frying
- Have a boiled instead of a fried egg
- Avoid meat and fish in batter, pastry or breadcrumbs

### MEAL IDEAS

To enjoy your favourite red meat recipes and cut back on the saturated fat, why not use **half the amount of red meat** and bulk up your dishes, like curries, casseroles or stews, with lentils, beans or chickpeas?