



Meat & Beans

Meat & Beans are good for you because:

Health benefits:

Provide building blocks for muscles, skin, cartilage, bones, blood, hormones and enzymes.

Nutrients

Provide needed protein, iron, B Vitamins, Vitamin E, Zinc and Magnesium.

<p>Help build muscle, skin, cartilage, bones, blood, hormones and enzymes</p>	Proteins	<p>Lean meats, poultry, fish, beans, eggs, nuts</p>
<p>Help build tissues, Help the body release energy, are needed for the nervous system to work Help form red blood cells Helps the body absorb iron</p>	Vitamin B	<p>Lean meats, poultry, fish, beans, eggs, nuts</p>
<p>Help protect Vitamin A and Essential Fatty Acids</p>	Vitamin E	<p>Egg yolk, nuts, sunflower seeds</p>
<p>Help carry oxygen to the blood Needed to help form energy</p>	Iron	<p>Lean meats, dark meat from poultry, fish, tuna, eggs, sunflower seeds, nuts</p>
<p>Help the immune system work Help build proteins Help build DNA</p>	Zinc	<p>Lean meats, nuts, poultry, and fish such as lobster, crab, and oysters</p>
<p>Used in building bones Used in releasing energy from muscles</p>	Magnesium	<p>Lean red meat, nuts</p>