



**NORTH  
DAKOTA**

# FNP News

*Family  
Nutrition  
Program*

#175

JULY 2005

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Extension Service  
North Dakota State University

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# Exploring "MyPyramid"



## Why is the Meat and Beans Group important?

Meat and beans are high in protein, B vitamins, iron, zinc and magnesium, which play important roles in keeping us healthy and strong.

For example, proteins serve as building blocks for bones, muscles and blood, and B vitamins help the body release energy. Beans contain dietary fiber, too, which is heart-healthy.

## Meat & Bean Group

Go lean with protein

### What foods are in the Meat and Beans Group?

Besides lean red meat and cooked dry edible beans, this group includes poultry, fish, eggs, nuts and seeds.

### What is an "ounce equivalent"?

An "ounce equivalent" in the Meat and Beans Group equals:

- 1 ounce meat, poultry or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

### Try this example:

Using the chart to the left, how much food from the Meat and Beans Group does a 40-year-old man need daily? .....

ounce  
equivalents

If a 40-year-old man ate 3 ounces of meat, ½ cup of beans and a tablespoon of peanut butter, would he meet his needs? .....

Yes  No

### How much food from the Meat and Beans Group do I need to eat?

This chart shows the amount of "ounce equivalents" recommended for people who get less than 30 minutes of physical activity daily. If you change your habits and become more active, your food energy needs increase.

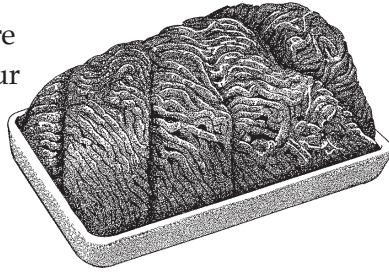
	Age	Amount
Children	2-3	2 ounce equivalents
	4-8	3-4 ounce equivalents
Girls	9-13	5 ounce equivalents
	14-18	5 ounce equivalents
Boys	9-13	5 ounce equivalents
	14-18	6 ounce equivalents
Women	19-30	5½ ounce equivalents
	31-50	5 ounce equivalents
	51+	5 ounce equivalents
Men	19-30	6½ ounce equivalents
	31-50	6 ounce equivalents
	51+	5½ ounce equivalents

**ANSWER... Yes!**  
That would equal  
6 ounce equivalents.

Visit [www.mypyramid.gov](http://www.mypyramid.gov)  
for more information

## How long can I store fresh ground beef in my refrigerator? Is it safe to thaw frozen beef on the counter?

Store ground beef for no more than two or three days in your refrigerator. Be sure your refrigerator is set at 40 F or lower. For longer storage, freeze in meal-size portions.

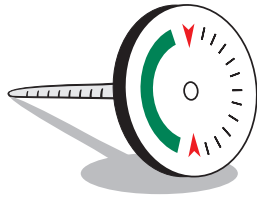


It's not safe to thaw meat at room temperature. Improper thawing could make you or your family sick, even if you properly cook the meat.

Thaw meat in the refrigerator or microwave. Immediately cook microwave-thawed meat.

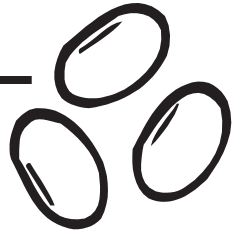
## How do I know when fish is fully cooked?

Slip the point of a sharp knife into the flesh of the cooked fish and pull aside. The edges should be opaque and it should flake easily. Let the fish stand three to four minutes to finish cooking. With thicker fillets, use a thermometer, too.



**FISH SHOULD  
REACH AN  
INTERNAL  
TEMPERATURE  
OF AT LEAST  
145 F.**

## Bean Bake



- 1 lb. lean ground beef
- 1 c. ketchup
- 1 envelope dry onion soup mix
- ½ c. water
- 1 Tbsp. vinegar
- 1 Tbsp. prepared mustard
- 1 (15.5-oz.) can pork and beans
- 1 (15.5-oz.) can kidney or pinto beans

Brown beef; drain fat. Combine beef with rest of ingredients and place in large casserole. Bake at 350 F for one hour.

*Makes 6 servings. Each serving has 280 calories, 40g carbohydrate, 4.7g fat and 8g fiber.*

## Menu idea

Bean Bake, carrot and celery sticks, whole-wheat buns, watermelon slices, low-fat milk.