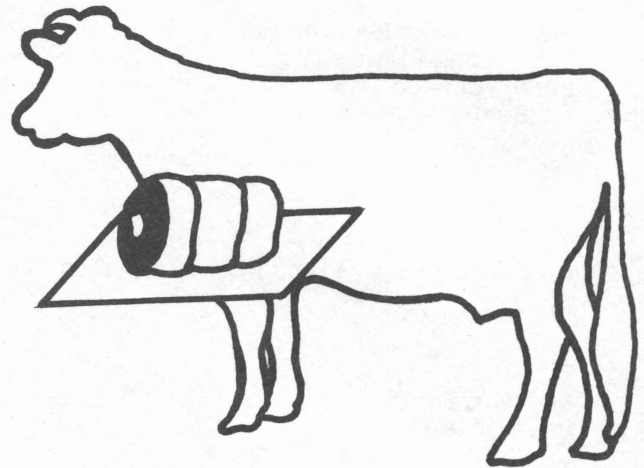


CALORIES COUNT IN THE MEAT GROUP



Dear Homemaker:

Select two or more servings from the meat group each day. One serving is two or more ounces of cooked lean meat, poultry or fish, or:

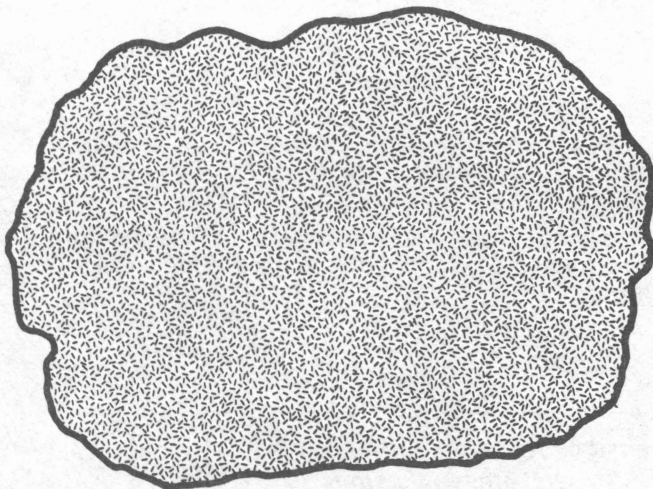
- 2 eggs
- 1 cup cooked, dry beans or peas
- 4 tablespoons peanut butter
- 2 ounces of cheese

—Trim off all visible fat before cooking and eating meat.

—Cook meats by baking, broiling or stewing them.

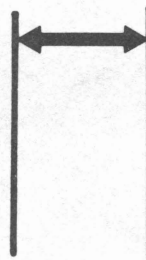
—Avoid fried meats and those in rich sauces and gravies.

—Study the sketches which represent the actual size of a 3-ounce serving of meat.



Hamburger (lean)
Actual size of one three-ounce meat patty

This Thick



Eat several small planned meals a day instead of one or two big ones. It is too easy to lose control of eating when one is very hungry.

Sincerely,

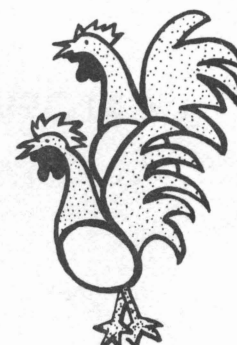
Signature and Title

Meat Group Foods in Amounts Equal to 75 Calories

Name	Amount
Meat, cooked, lean without skin (weighed without bone) such as:	1 ounce or 2 tablespoons
Beef	Turkey
Lamb	Veal
Pork	Liver
Ham	Fish
Chicken*	
Cold Cuts (4½ x ⅛ inch thick)	1 slice
Weiner (1 oz.)	1
Egg	1
Fish and Shellfish, fresh or frozen	½ cup
Tuna	¼ cup
Sardines	3
Cheese, American, Swiss and similar types	1 ounce
Cottage cheese	¼ cup
Beans or Peas, cooked	½ cup
Peanut Butter, limit to ½ serving per day	2 tablespoons
Hog Maw	¼ cup
Tripe	½ cup

* The following weights and number of calories are for a 2¾-lb. fryer cut into 10 pieces. Meat without skin has less fat.

Name of Cut	Weight	Calories
½ breast	3.2 ozs.	220
1 leg	3.1 ozs.	232
1 drumstick	1.4 ozs.	205
1 thigh with back	2.9 ozs.	217
1 thigh	1.7 ozs.	127
1 lower back piece	1.4 ozs.	105
1 rib back piece	1.5 ozs.	112



Low Calorie Lemon Herb Baked Chicken

- 1 chicken (3-lb. fryer)
- 1 lemon (or 2¾ tablespoons bottled lemon juice)
- ¼ teaspoon salt
- 1 clove of a garlic bulb
- ¼ teaspoon crushed Marjoram (optional)
- ¼ teaspoon Thyme (optional)

Preheat oven to 400° F. Wash lemon, cut in half crosswise. Cut 3 thin slices from center of lemon for garnish. Squeeze 2¾ tablespoons of juice from remaining lemon. Mash garlic clove, place in lemon juice and let stand. Add salt (and crushed marjoram and thyme, if used) to lemon juice.

Cut up chicken and place in a lightly greased baking pan. Brush chicken pieces with half of lemon juice mixture.

Bake covered at 400° F. for 40 to 50 minutes, basting occasionally with drippings to keep chicken moist. Turn chicken and brush with remaining lemon juice mixture. Return to oven and bake, uncovered, 30 to 40 minutes, or until fork tender. For browner chicken, place under broiler for 3 to 4 minutes. Garnish with lemon wedges and serve. Yield: 4-5 servings.

Diet Tips—

Plan exact amounts of food to be served. If not possible, push back from the table before feeling "full."

Practice shaking the head from left to right and saying "no" when fattening foods are offered.

Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.

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