

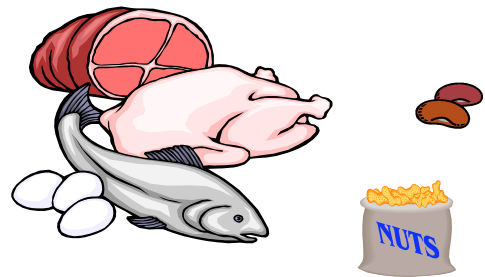
Nutrition Matters

Best Buys In... Meat & Alternatives

Canada's Food Guide to Healthy Eating recommends 2-3 servings of Meat and Alternatives daily. Meat and Alternatives are rich in protein, B vitamins, iron, zinc and magnesium. Red meats provide the richest source of iron. Foods of an animal origin are the most reliable source of vitamin B₁₂.

1 Serving Equals

2-3 oz of meat
1-2 eggs
½ - 1 cup beans, lentils
1/3 cup tofu
2 tbsp peanut butter



Meat Alternatives

- ✓ Meat alternatives like eggs, tofu, peanut butter, dry beans and lentils are your best buys.
- ✓ Purchase peas, beans and lentils in dry form. Canned beans are more expensive.

Poultry

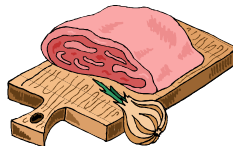
- ✓ Buy utility grade poultry. Utility grade is just as tasty and nutritious but costs less because it may have a wing missing or bruised skin.
- ✓ It costs less to buy a whole chicken and cut it up at home rather than buying it in pieces.

Processed Meats

- ✓ Although hot dogs are inexpensive, they are a poor source of protein and they are high in fat and Calories.
- ✓ Buy cold cuts from the deli counter or a “no name” product rather than a name brand.

Meat Cuts

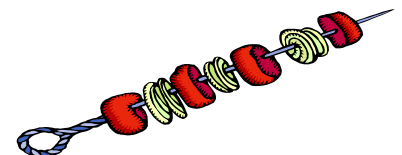
- ✓ Stewing meat
- ✓ Shoulder (pork)
- ✓ Brisket (less tender)

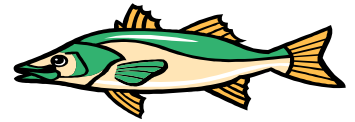


- ✓ Cross rib
- ✓ Outside round
- ✓ Bottom or inside round

Lower priced and less tender meats contain less fat. Bring out the meat's great flavour by tenderizing it yourself.

- Use moist cooking methods such as stewing, pot-roasting and braising
- Marinate the meat overnight in the refrigerator
- Pound the meat using a mallet before cooking





Fish

- ✓ Canned tuna, salmon and sardines are economical choices. Compare brands for best buy.
- ✓ Frozen fish fillets such as Alaskan pollock, Boston blue fish, haddock or ocean perch are good buys.
- ✓ Prepared battered fish fillets or fish sticks are more expensive and are higher in fat. For a healthier option, use bread crumbs to make your own coating.

More to Think About!

- Don't buy more than you need. A large serving of uncooked meat for one person is 120 g (4 oz).
- Family size bulk packages may be cheaper but check the price per kg. If buying in bulk, freeze unused portions into smaller packages right away.
- Consider the bone and fat losses when comparing meat prices.

How to use leftover cooked meats

- Use within 2 – 3 days
- Toss in a salad
- Combine with potatoes and onions
- Slice the meat for sandwiches
- Add to omelettes, soups, stews, stir fries
- Include in a casserole or a pasta dish



Herb Baked Chicken



4	chicken legs, skin removed and fat trimmed off	4
½ cup	milk	125 mL
1/3 cup	fine dry bread crumbs	75 mL
1/3 cup	parmesan cheese	75 mL
1 tbsp	parsley	15 mL
1 tsp	Italian seasoning	5 mL
¼ tsp	ground pepper	1 mL

Source: The Basic Shelf Cookbook, 1994

Method

1. Place chicken in a medium bowl. Pour milk over chicken and let soak for 5 minutes. Turn over and let soak for 10 minutes longer. Drain chicken. Do not save milk.
2. Stir bread crumbs, cheese, parsley, Italian seasoning and pepper together in a medium bowl.
3. Dip chicken pieces, one at a time, into bread crumb mixture. Be sure each piece of chicken is coated all over.
4. Turn on oven to 375°F (190°C). Lightly grease a baking pan and place the chicken pieces in the pan. Bake about 45 minutes or until chicken is well cooked.

Adapted from materials produced by the Nutritionists/Dietitians of Ottawa-Carleton Health Department and York Region Health Services. May be reproduced without permission provided source is acknowledged.

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