## October Goals to Healthy Eating

Eating healthy is easier than you might think. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

### Goal 3: Eat More Chicken, Fish and Beans than Red Meat

### Why Are Chicken, Fish and Beans Better Than Red Meat?

In general, red meats (beef, pork and lamb) have more cholesterol and saturated (bad) fat than chicken, fish and vegetable proteins such as beans. Cholesterol and saturated fat can raise your blood cholesterol and make heart disease worse. Chicken and fish have less saturated fat than most red meat. The unsaturated fats in fish, such as salmon, actually have health benefits. Omega-3 fatty acids, found in fish and some plant sources, may reduce the risk of cardiovascular disease.

Beans do not contain cholesterol, only animal products do. There are many types of beans – pinto, kidney, garbanzo, soybeans, etc. – and they're all good for you. Put lentils, split peas and black-eyed peas on the list, too! None of them have cholesterol unless they're prepared with meat (such as pork and beans) or with lard (such as refried beans).

### Tips for People Who Like Meat

It's OK to eat red meat as long as you limit the amount. The American Heart Association recommends that people limit lean meat, skinless chicken and fish to less than six ounces per day, total.

Use the tips below to lower the amount of saturated fat and cholesterol you get when you eat meat.

- One portion of meat is about the size of a deck of cards or three ounces.
- Choose lean cuts of meat. Lean cuts usually contain the words "round," "loin" or "sirloin" on the package.
- Trim off as much fat as you can before cooking, and pour off the melted fat after cooking.
- Use healthier cooking methods: bake, broil, stew and grill.

From the American Heart Association Nutrition Center

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-More-Chicken-Fish-and-Beans_UCM_320278_Article.jsp