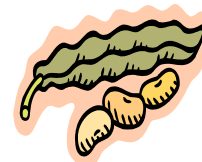


**GOAL 12**

For at least 3 meal this week, replace a portion of the meat in your diet with nuts and beans.



Use these ***GetFIT Helpful Connections*** for more ideas on how to increase beans in your diet.

**GOAL COUPON 12: USE MORE NUTS AND BEANS IN PLACE OF MEAT**

Replace a portion of the meat in your diet with nuts, seeds and beans. Hazelnuts, almonds and sunflower seeds are good sources of vitamin E. Walnuts are a good source of omega-3 fatty acids, which may reduce the risk of heart disease. Both contain unsaturated fats, no trans fats and provide fiber. Beans contain protein and iron. Here are some ideas:

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**Top salads with** nuts or sunflower seeds. Two tablespoons of nuts equals 1 ounce of meat.

**Roast nuts** on a baking sheet at 350 degrees for 15 minutes, or until nuts turn brown. Top fruit salads or a mixture of salad greens and fruit (such as mandarin oranges), with a spoonful of nuts.

**Select nuts** or sunflower seeds as a snack or meal.

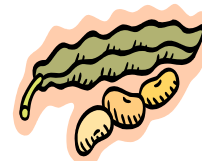
**Replace 1/2** of the chicken in a chicken salad with walnuts or sliced almonds.

**Select unsalted nuts** to reduce the sodium content of your diet. Roast and add to a stir-fry in place of meat. Add roasted almond slivers to green beans.

**Pine nuts** add flavor to salads, stir-fries, and pasta.

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