

The chart lists specific amounts that count as 1 ounce equivalent in the meat and beans group.

	Amount that counts as 1 ounce equivalent	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef	1 small steak = 3 1/2 to 4 ounce equivalents
	1 ounce cooked lean pork or ham	1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey (4 1/2 x 2 1/2 x 1/8")	
Fish	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents
		1 small trout = 3 ounce equivalents
Eggs	1 egg	
Nuts and Seeds	1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) 1/2 ounce of seeds (hulled) 1 tablespoon of peanut butter	
Dry Beans and Peas	1/4 cup of cooked dry beans (such as black, kidney, pinto, or white beans)	1 cup split pea, lentil or bean soup = 2 ounce equivalents
	1/4 cup of cooked dry peas and lentils	
	1/4 cup of baked beans, refried beans	
	1/4 cup (about 2 ounces) of tofu	1 soy or bean burger patty = 2 ounce equivalents
	1/4 cup roasted soybeans	