



SWAP MEAT! CHART

SWAP...	CALORIES	PROTEIN	FIBER	MINERALS		COMMENTS
Pasta w/ ground turkey marinara (2oz turkey)	115	9.5g	0 g	4% potassium	4% iron	Beans and ground turkey have similar calories and protein, but beans have more fiber, blood-pressure regulating potassium and blood-building iron.
Pasta w/ white beans & marinara (1/2 cup beans)	124	9	5.5	14% potassium	18.5% iron	

Source: butterball.com, USDA National Nutrient Database

SWAP...	CALORIES	PROTEIN	FIBER	FATS		COMMENTS
Lean ground beef taco salad (2oz beef)	100	11.5g	0 g	6g total	2.5g saturated	Beans, especially black beans, contain high levels of antioxidants that you can't find in animal proteins such as ground beef.
Black bean taco salad (1/2 cup beans)	114	8	7.5	0.5g total	0 g saturated	

Source: USDA National Nutrient Database

SWAP...	CALORIES	PROTEIN	FIBER	CHOLESTEROL	COMMENTS
Shrimp stir-fry (2oz shrimp)	60	11.5g	0 g	87 mg	Soybean foods such as edamame may help lower cholesterol, reduce risk of certain types of cancer and improve bone health.
Edmame stir fry (1/2 cup beans)	95	8.5	4	0 mg	

Source: USDA National Nutrient Database

SWAP...	CALORIES	PROTEIN	FIBER	MINERALS		COMMENTS
BBQ chicken, potato, broccoli (2oz chicken)	65	12g	0 g	0% calcium	4% magnesium	Soybean foods such as tofu contain all nine of the essential amino acids.
BBQ tofu, potato, broccoli (1/2 cup tofu)	88	10.5	1	25% calcium	12% magnesium	

Source: USDA National Nutrient Database