

# Meats/Meat Alternates

## Health Benefits

Bone Growth and Development

Energy Production

Heart Disease Risk Reduction

## Nutrients

B Vitamins

Choline

Copper

Iron

Magnesium

Phosphorus

Protein

Unsaturated fats

Vitamin D

Vitamin E

Zinc



# Food Sources

This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:  
<https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:  
Institute of Child Nutrition. (2024). Meal pattern mini-poster. Meats/meat alternates: Health benefits, nutrients, and food sources. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org) for more information.

© 2024. Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

10/04/24