

## Make Healthy Protein Choices

|                   |                                                                                    | Choose Daily                                                                                                                                       | Choose Weekly                                                                                                                  | Choose Occasionally                                                               |
|-------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Meat              | Beef                                                                               | Grade: select                                                                                                                                      | Grade: choice                                                                                                                  | Grade: prime                                                                      |
|                   |                                                                                    | leanest cuts of meat contain <b>round</b> or <b>loin</b> in their name (top round, eye of round, sirloin tips, bottom round, tenderloin, top loin) | Cuts (T-bone, Porterhouse, cubed, Strip steak, round steak, chuck shoulder roast, arm pot roast, shoulder steak, filet mignon) | Cuts (beef ribs)                                                                  |
|                   |                                                                                    | Deli meat: roast beef                                                                                                                              | 95% lean ground beef                                                                                                           | 85%-75% lean ground beef                                                          |
|                   |                                                                                    |                                                                                                                                                    | trimmed corn beef                                                                                                              | Encased meats: regular sausage, bratwurst, salami, pepperoni, hot dogs or bologna |
|                   |                                                                                    |                                                                                                                                                    | 85% lean, reduced fat encased meat                                                                                             |                                                                                   |
|                   |                                                                                    | veal cutlet                                                                                                                                        |                                                                                                                                |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
|                   | Lamb                                                                               | Cuts (chops, leg roast, tenderloin shank)                                                                                                          | ground lamb                                                                                                                    |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
|                   | Pork                                                                               | Cuts (tenderloin, center loin)                                                                                                                     | Cuts (top loin, chop, cutlet)                                                                                                  | Cuts (Pork ribs)                                                                  |
|                   |                                                                                    | 95% lean Canadian bacon or ham                                                                                                                     | 85% lean Canadian bacon or ham                                                                                                 | Bacon                                                                             |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                | Ground pork                                                                       |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
|                   | Poultry                                                                            | White meat skinless chicken or turkey                                                                                                              | Dark meat skinless chicken or turkey                                                                                           | Baked or roasted chicken with skin                                                |
|                   |                                                                                    | Cornish hen                                                                                                                                        | Baked chicken strips or nuggets                                                                                                | Fried chicken strips or nuggets                                                   |
|                   |                                                                                    | Deli meat: chicken or turkey breast                                                                                                                | Turkey bacon or sausage                                                                                                        | Fried chicken                                                                     |
|                   |                                                                                    | 95% lean ground turkey                                                                                                                             | Ground turkey or chicken                                                                                                       |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
| Seafood           | Grilled or baked fish (salmon, herring, trout, mackerel, whitefish, blue fin tuna) | Dark meat tuna in water                                                                                                                            | Fried fish or seafood (fried catfish, popcorn shrimp)                                                                          |                                                                                   |
|                   | White meat tuna in water                                                           |                                                                                                                                                    |                                                                                                                                |                                                                                   |
|                   | Most shellfish (clams, crabs, lobster, scallops, shrimp, imitation crabmeat)       |                                                                                                                                                    |                                                                                                                                |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
| Wild Game         | Venison                                                                            |                                                                                                                                                    | Duck                                                                                                                           |                                                                                   |
|                   | Rabbit                                                                             |                                                                                                                                                    | Goose                                                                                                                          |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
| Meat Alternatives |                                                                                    | Egg Whites                                                                                                                                         | Nuts                                                                                                                           | Whole Eggs                                                                        |
|                   |                                                                                    | Egg Beaters                                                                                                                                        | Seeds                                                                                                                          |                                                                                   |
|                   |                                                                                    | Beans (black, black-eyed, garbanzo, navy, northern, pinto etc.)                                                                                    | Peanut butter                                                                                                                  |                                                                                   |
|                   |                                                                                    | Peas                                                                                                                                               | Tofu                                                                                                                           |                                                                                   |
|                   |                                                                                    | Lentils                                                                                                                                            | Tempeh                                                                                                                         |                                                                                   |
|                   |                                                                                    | Textured vegetable protein (Boca burgers & other Boca products)                                                                                    | Miso                                                                                                                           |                                                                                   |
|                   |                                                                                    | Hummus                                                                                                                                             |                                                                                                                                |                                                                                   |
|                   |                                                                                    | Soy milk                                                                                                                                           |                                                                                                                                |                                                                                   |
|                   |                                                                                    | Soy yogurt                                                                                                                                         |                                                                                                                                |                                                                                   |
|                   |                                                                                    | Soy cheese                                                                                                                                         |                                                                                                                                |                                                                                   |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |
| Dairy             |                                                                                    | Skim milk or 1% milk                                                                                                                               | 2% milk                                                                                                                        | Whole milk                                                                        |
|                   |                                                                                    | Fat free cheese                                                                                                                                    | Low fat cheese (feta, ricotta cheese, part skim mozzarella cheese)                                                             | Regular cheese (cheddar, muenster, Monterey Jack, Swiss)                          |
|                   |                                                                                    | Fat free or 1% milkfat cottage cheese                                                                                                              | Regular cottage cheese (4% milkfat)                                                                                            | Ice cream                                                                         |
|                   |                                                                                    | Fat free or low-fat yogurt                                                                                                                         | Regular yogurt                                                                                                                 | Frozen custard                                                                    |
|                   |                                                                                    |                                                                                                                                                    |                                                                                                                                |                                                                                   |