



Choosing Healthier Proteins

	Best	Better	OK	Caution
Per Serving	<i>Low Fat</i>	<i>"Extra Lean"</i>	<i>"Lean"</i>	<i>High Fat</i>
Saturated Fat	<=1 g sat fat	<2 g sat fat	<= 4.5 g sat fat	>4.5 g sat fat
Examples	Turkey Venison Tuna in Water Canadian Bacon Turkey Bacon Salmon Trout Clams Kidney Beans Great Northern Beans Black Beans Almonds Hazelnuts	Ham (Extra Lean) Chicken Breast Eye of Round Pecans Walnuts	Canned Ham (13% fat) Pork Chops (sirloin) 90%+ Ground Beef Ground Turkey Chicken Hot Dogs (Chicken) Top Sirloin Beef Top Round Beef Egg Cashews Macadamia	Ribs <90% Ground Beef (>10% fat) Hot Dogs (Beef and Pork) Bacon (Pork) Sausage Bologna Salami Corned Beef Pork (Shoulder Arm Picnic, Center Loin) Spam

Choose most items from the "Better" and "Best" categories.

Source: USDA Nutrient Database and Nutri-facts.com. Most items based on one typical serving.

***Some products may vary in nutritional content depending on the manufacturer.**

Confirm information by reading Nutrition Labels.

Note: Many dairy products also provide significant amounts of protein.