

Proteins

Choose Lean Proteins

- Chicken (skinless)
- Turkey (skinless)
- Fish
- Lean ham
- Round, loin or sirloin cuts of beef
- 97% lean ground beef
- Pork tenderloin
- Roast beef
- Shrimp

Limit High-Fat Proteins

- Ribs
- Hot dogs
- Salami
- Pepperoni
- Bologna
- Hot links
- Sausage
- Bacon
- Chicken wings
- Chicken or turkey skin
- Chuck (beef)

Lacto-Ovo-Vegetarian Proteins

- Eggs
- Dairy products (cheese, milk, yogurt)
- Legumes (lentils, kidney beans, black beans, garbanzo beans)
- Soy products (tofu, soybeans)

Try eating a vegetarian meal a few times each week.

Cooking Tips:

- Bake, broil, boil or grill.
- Avoid frying.
- Take skin and fat off chicken or turkey before cooking.
- Add vegetables for flavor, such as green peppers, onions, celery, carrots, parsley, garlic.
- Season with turkey necks and a few drops of liquid smoke if necessary.
- Add spices for flavor.
- Limit high-fat foods, such as cheese, butter and stick margarine, shortening, coconut, mayonnaise and salad dressings.
- Nuts, seeds and olives are high in fat but they contain a very healthy type of fat; eat them in moderation (one serving is considered 1/4 cup).
- Look for light mayonnaise, light salad dressings, light cream cheese or light sour cream.