

# Meat and Meat Substitutes

|                     | Carbohydrate<br>(grams) | Protein<br>(grams) | Fat<br>(grams) | Calories |
|---------------------|-------------------------|--------------------|----------------|----------|
| Lean meat           | —                       | 7                  | 0–3            | 45       |
| Medium-fat meat     | —                       | 7                  | 4–7            | 75       |
| High-fat meat       | —                       | 7                  | 8+             | 100      |
| Plant-based protein | varies                  | 7                  | varies         | varies   |

## Lean Meats and Meat Substitutes

| Food                                                                                                                                                              | Amount   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Beef: Select or Choice grades trimmed of fat:<br>ground round, roast (chuck, rib, rump), round, sirloin,<br>steak (cubed, flank, porterhouse, T-bone), tenderloin | 1 oz     |
| Beef jerky                                                                                                                                                        | 1/2 oz   |
| Cheeses with 3 grams of fat or less per oz                                                                                                                        | 1 oz     |
| Cottage cheese                                                                                                                                                    | ¼ cup    |
| Egg substitutes, plain                                                                                                                                            | ¼ cup    |
| Egg whites                                                                                                                                                        | 2        |
| Fish, fresh or frozen, plain: catfish, cod, flounder,<br>haddock, halibut, orange roughy, salmon, tilapia,<br>trout, tuna                                         | 1 oz     |
| Fish, smoked: herring or salmon (lox)                                                                                                                             | 1 oz     |
| Game: buffalo, ostrich, rabbit, venison                                                                                                                           | 1 oz     |
| Hot dog with 3 grams of fat or less per oz<br>(8 dogs per 14 oz package)<br><i>Note: May be high in carbohydrate.</i>                                             | 1        |
| Lamb: chop, leg, or roast                                                                                                                                         | 1 oz     |
| Organ meats: heart, kidney, liver<br><i>Note: May be high in cholesterol.</i>                                                                                     | 1 oz     |
| Oysters, fresh or frozen                                                                                                                                          | 6 medium |
| Pork, lean                                                                                                                                                        |          |
| Canadian bacon                                                                                                                                                    | 1 oz     |
| rib or loin chop/roast, ham, tenderloin                                                                                                                           | 1 oz     |

# Meat and Meat Substitutes

## Lean Meats and Meat Substitutes (continued)

| Food                                                                                                                                            | Amount  |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Poultry, without skin: Cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey                                               | 1 oz    |
| Processed sandwich meats with 3 grams of fat or less per oz: chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami | 1 oz    |
| Salmon, canned                                                                                                                                  | 1 oz    |
| Sardines, canned                                                                                                                                | 2 small |
| Sausage with 3 grams of fat or less per oz                                                                                                      | 1 oz    |
| Shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp                                                                          | 1 oz    |
| Tuna, canned in water or oil, drained                                                                                                           | 1 oz    |
| Veal, loin chop, roast                                                                                                                          | 1 oz    |