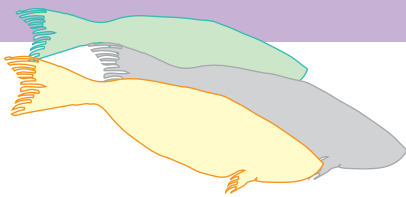


Protein Selections

Follow these tips for selecting low-fat protein foods:

- **Eat fish more often, especially those rich in omega-3 fatty acids (salmon, trout, herring).**

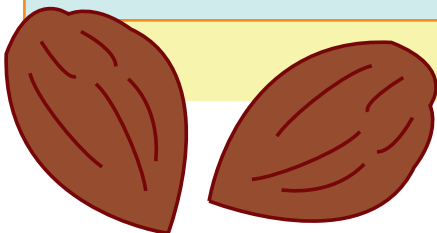


- **Enjoy beans and other protein-rich foods:**

- Soups made with split peas, minestrone, lentils or white beans
- Baked beans
- Black bean enchiladas
- Garbanzo or kidney beans on chef's salad
- Rice and beans
- Chili with kidney or pinto beans
- Veggie burgers or garden burgers
- Hummus (chickpeas) spread on pita bread
- Stir-fry dish with tofu

- **Replace meat or poultry with nuts in main dishes, snacks, vegetables and salads.**

- Add slivered almonds to steamed vegetables.
- Use toasted peanuts or cashews in a vegetable stir-fry.
- Put walnuts or pecans in a green salad rather than cheese or meat.
- Add pine nuts to the pesto sauce for pasta.
- Sprinkle some nuts over low-fat ice cream or frozen yogurt.



Here are some basic guidelines for selecting healthy meats:

Choose Lean or Low-fat Cuts of Meat.

Beef: Look for the words “round” and “loin”— round steaks and roasts, top loin, top sirloin, chuck shoulder and arm roasts. Choose extra lean ground beef, which is at least 90% lean, and possibly as much as 93% or 95% lean.* Ground meat that is as much as 95% lean can be used in casseroles. When grilling, however, choose 90% lean so that the meat will hold together while cooking.

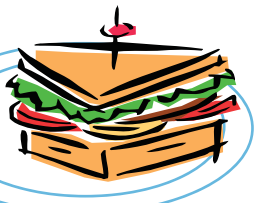
*Percent lean is the weight of the lean meat in relation to the weight of the fat.

Pork: When shopping for pork, as well as lamb, look for the words “loin” or “leg”—pork loin, tenderloin, center loin and ham.

Wild game: Choose low-fat game meats like venison, quail and dove.

Poultry: Choose white meat without skin, such as boneless, skinless chicken breasts and turkey cutlets. Chicken parts should be skinless, or the skin should be removed before cooking.

Extra lean ground turkey breast without skin is the lowest fat choice. Ground turkey that contains dark meat and skin is not low in fat. Remember that lean ground turkey cooks faster than beef, because it is lower in fat.



Make sandwiches with lean turkey or chicken, lean roast beef, ham and low-fat luncheon meats. Avoid fatty luncheon meats such as bologna and salami.

Fish: Most fish has less fat than other meats, including poultry with skin. The fat in fish is mostly heart-healthy polyunsaturated fat. Light-colored or white fish have the least amount of fat, including perch, orange roughy, snapper, sole and other mild-flavored fish.

Oily fish like salmon, tuna, mackerel, sardines, herring and lake trout are firmer, darker in color and contain more fats. Some fish (such as salmon, trout, and herring) are high in “omega-3 fatty acids,” a type of polyunsaturated fat. Some evidence suggests eating fish rich in omega-3 fatty acids may reduce your risk of cardiovascular disease. They appear to reduce blood clotting, lower blood pressure slightly and lower blood triglycerides. In addition, they may be helpful if you have an inflammatory disease such as rheumatoid arthritis.



Processed meats: Choose processed meats with less fat and saturated fat. Limit your intake of sausages, bacon, salami, bologna and other cold cuts.

Check the Nutrition Facts Panel on packaged foods, including the sodium and fat content. Sodium is added to these processed meats: ham, sausage, frankfurters, luncheon and deli meats. Sodium is also added to some fresh chicken, turkey and pork in a salt-containing, flavor-enhancing solution. Watch for statements like “self-basting” or “contains up to ___% of ___,” which means a sodium solution was added.

Use low-fat food preparation: Cook lean cuts of meat using moist heat, because they are generally the tougher cuts of meat. Brown raw meat in a small amount of fat. Add water to the meat. Cover with a lid and cook at a low temperature for 1 to 2 hours or until tender. If the water cooks off, add more water during cooking time.

Tougher cuts of meat also can be tenderized by pounding or marinating them before cooking. Choose leaner grades of meat such as “select” or “good,” followed by “choice” then “prime.” “Prime” grade has more marbled fat that cannot be trimmed away from the lean, and it is more expensive than the other grades.

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