

# Tips to Help You Make Wise Choices from the Protein Foods Group

## Go Lean with Protein:

### o Start with a lean choice:

- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least “90% lean.”
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

### o Keep it lean:

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry, or fish. Breading adds calories. It will also cause the food to soak up more fat during frying.

## Vary Your Protein Choices:

### o Choose seafood at least twice a week as the main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring. Some ideas are:

- Salmon steak or filet
- Salmon loaf
- Grilled or baked trout

### o Choose beans, peas, or soy products as a main dish or part of a meal often. Some choices are:

- Chili with kidney or pinto beans
- Stir-fried tofu
- Split pea, lentil, minestrone, or white bean soups
- Baked beans
- Black bean enchiladas
- Garbanzo or kidney beans on a chef's salad
- Rice and beans
- Veggie burgers
- Hummus (chickpeas) spread on pita bread

### o Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry, not in addition to these items:

- Use pine nuts in pesto sauce for pasta.
- Add slivered almonds to steamed vegetables.
- Add toasted peanuts or cashews to a vegetable stir fry instead of meat.
- Sprinkle a few nuts on top of low-fat ice cream or frozen yogurt.
- Add walnuts or pecans to a green salad instead of cheese or meat.

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“You’re on a high-protein diet, so I decided you’d be the person most qualified to beef up our marketing program, cut the pork from our budget, and keep track of fishy activities in the office.”