

Choosing Leaner Sources of Protein

Do you want to decrease the fat in your diet by choosing leaner sources of protein? Follow this chart while grocery shopping to make the healthiest selections.

	Protein Foods	Grams of Fat Per Ounce
Very Lean	Whitefish, shellfish, skinless poultry, fat-free cheese, 95 percent fat-free lunch meat and ground meat, egg whites or egg white substitute, venison	0-1 grams
Lean	Lean red meat such as sirloin, tenderloin, 90 percent fat-free T-bone, salmon, low-fat cheese	3 grams
Medium Fat	80 percent fat-free red meat, poultry with skin, fried fish, chicken, eggs, tofu	5-7 grams
High Fat	Ribs, sausage, bacon, cheese, hot dogs, peanut butter, salami, bologna	8-10 grams