

Meat Choices

Meat (1 ounce = 7 grams of protein, 0 grams of carbohydrate, fat varies)

One ounce of meat is about the size of your thumb; 3 ounces is the size of a deck of cards. No more than 3 ounces of protein at a meal is recommended. *(Try to eat meats from this page only; unfortunately, this means nothing fried.)*

Very Lean Meat Choices

(0-1g fat/ounce and 35 calories)

- Poultry:** Chicken or turkey (white meat, no skin), Cornish hen (no skin)
- Fish:** Fresh or frozen cod, flounder, haddock, halibut, trout, lox, tuna fresh or canned in water
- Shellfish:** Clams, crab, lobster, scallops, shrimp
- Game:** Duck or pheasant (no skin), venison, buffalo, ostrich
- Cheese:** Fat-free (less than 1 gram of fat/ounce), low fat cottage cheese
- Other:** Processed sandwich meats with less than 1 gram fat or less/ounce, such as:
- deli thin, shaved meats
 - chipped beef, turkey ham
 - Egg whites (2)
 - Egg substitutes, plain
 - Hot dogs, fat free
 - Sausage, fat free or less than 1 gram fat/ounce



Lean Meat Choices

(3g fat/ounce and 55 calories)

- Beef:** USDA Select or Choice grades trimmed of fat such as round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump); steak (T-bone, porter house, cubed); ground round
- Pork:** Lean pork such as fresh ham, canned, cured, or boiled ham, Canadian bacon, tenderloin, center loin chop
- Lamb:** Roast, chop, or leg
- Veal:** Lean chop, roast
- Poultry:** Chicken, turkey (dark meat, no skin), chicken (white meat, with skin), domestic duck or goose (well-drained of fat, no skin)
- Fish:** Herring (uncreamed or smoked), Oysters, Salmon (fresh or canned), catfish, Sardines (canned), tuna (canned in oil, drained)
- Game:** Goose (no skin, rabbit)
- Cheese:** 4.5% fat cottage cheese, grated parmesan, cheeses with 3 grams of fat or less/ounce
- Other:** Hot dogs with 3 grams of fat or less per ounce
Processed sandwich meat with 3 grams of fat or less per ounce

This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.

Medium-Fat Meat Choices

(5 grams of fat/ounce, 75 calories)

Beef: Most beef products fall into this category (ground beef, meatloaf, corned beef, short ribs, prime rib)

Pork: Top loin, chop, Boston butt, cutlet

Lamb: Rib roast, ground

Veal: Cutlet (ground or cubed, unbreaded)

Poultry: Chicken (dark meat, with skin), ground turkey or ground chicken, fried chicken



Fish: Any fried fish product

Cheese: Feta, mozzarella, ricotta, or any with 5 grams of fat or less/ounce

Other: Egg (high in cholesterol; limit 3/week)
Sausage with 5 grams of fat or less/ounce
Tofu (½ cup)

High-Fat Meat Choices

(7 grams of fat/ounce, 100 calories)

Remember that these items are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis.

Pork: Spareribs, ground pork, pork sausage

Cheese: All regular cheeses, such as American, cheddar, Monterey Jack, Swiss

Other: Processed sandwich meats with 8 grams of fat/ounce, such as bologna, pimento loaf, salami

Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked

Hot dog (1)

Bacon (3 slices)

Peanut Butter
(1 Tbsp.)

