

Protein

Non-carbohydrates

Each portion= 7 grams protein

Type	Protein	Fat
Lean	7g	0-3g
Medium-fat protein	7g	4-7
High fat protein	7g	8+

Food	Serving Size/Portion
Beef Lean – ground round, roast, round, sirloin, steak, tenderloin Medium Fat – corned beef, ground beef, prime rib, short ribs	1 oz
Chicken Lean – without skin Medium fat – with skin	1 oz
Fish Lean – baked, sautéed, grilled fish Medium fat- fried fish products	1 oz
Lamb Lean – chop, leg, or roast Medium fat – ground, rib roast	1 oz
Pork Lean- Canadian bacon, rib or loin chop/roast, ham, tenderloin Medium fat – cutlet, shoulder roast High fat – ground, sausage, spareribs	1 oz
Sandwich Meats Lean – deli think sliced meats, turkey, ham High fat – bologna, pastrami, hard salami	1 oz
Sausage Medium fat – with 4-7 gram of fat/oz	1 oz
Shellfish Lean – clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal Lean – loin chop, roast Medium fat – cutlet (no breading)	1 oz
Other	

Beef jerky (lean)	½ oz
Egg (medium fat)	1
Egg substitutes(plain, lean)	¼ cup
Egg whites (lean)	2
Hot dog Lean- 3 grams or fat or less/oz High fat- Beef or pork	1
Sardines, canned (lean)	2 small
Tofu	½ cup
Cheese	
Lean Cheese – cottage cheese	¼ cup
Medium fat – feta, mozzarella, reduced fat cheeses, string cheese	1 oz
High fat- American, bleu, brie, cheddar, queso, and swiss	1 oz
Plant Based Proteins	
“Bacon” strips (medium fat)	3 strips
Baked Beans	1/3 cup (1 starch + 1 lean protein)
Beans, cooked: Black, garbanzo, kidney, lima, navy pinto, white	½ cup (1 starch + 1 lean protein)
Soy based “sausage”/ crumbles	2 oz (½ carb + 1 lean protein)
“chicken” nuggets	2 nuggets (1/2 carb + 1 medium fat protein)
Edamame	½ cup (½ carb + 1 lean protein)
Falafel (2 inches across)	3 patties (1 carb + 1 high fat protein)
“hot dog” soy based	1 hot dog (1/2 carb + 1 lean protein)
Hummus	1/3 cup (1 carb + 1 high fat protein)
Lentils (brown, green or yellow)	½ cup (1 carb + 1 lean protein)
Meatless burger, soy based	3 oz (1/2 carb + 2 lean protein)
Meatless burger, vegetable/starch based	1 patty (2 ½ oz) (1 carb + 2 lean protein)
Nut Spreads – almond butter, cashew butter, peanut butter, soy nut butter	1 Tbsp (1 high fat protein)
Peas; cooked Black eyed and split pea	½ cup (1 starch + 1 lean protein)
Refried Beans	½ cup (1 starch + 1 lean protein)
“sausage” patties soy based	1 patty (1 medium-fat protein)