Tips to help you make wise choices from the Protein Foods Group

Go lean with protein:

- 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 lean ground beef. To be considered "lean," the product has to be at least 92% lean/8% fat.
- Buy skinless chicken parts, or take off the skin before cooking.
- 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.

Vary your protein choices:

- 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
- Grilled or baked trout
- 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
- 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.

Original Source: https://www.choosemyplate.gov/protein-foods-tips