



Go Lean with Protein Challenge Tips

American Heart Association (AHA) Recommendations:

- Choose fish, shellfish, poultry without the skin, and trimmed lean meats, no more than six ounces, cooked, per day.
- Enjoy at least two servings of baked or grilled fish each week, especially oily fish.
- Choose low-sodium, low-fat seasonings such as spices, herbs and other flavorings in cooking and at the table.
- Select meat substitutes such as dried beans, peas, lentils or tofu (soybean curd) in entrees, salads or soups.

Choose from:

- Fish and shellfish. Shrimp and crayfish are higher in cholesterol than most types of fish, but lower in saturated fat and total fat than most meats and poultry.
- Fish high in omega-3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon. Some types of fish may contain high levels of mercury, PCBs (polychlorinated biphenyls), dioxins and other environmental contaminants. Shark, swordfish, tilefish (golden bass or golden snapper) and king mackerel are examples.
- Chicken and turkey (without skin); ground turkey.
- Lean beef (round, sirloin, chuck, loin). Buy "choice" or "select" grades of beef rather than "prime."
- Lean or extra lean ground beef (no more than 15% fat).
- Lean veal (except commercially ground).
- Lean ham, lean pork (tenderloin, loin chop). Ham and Canadian bacon are higher in sodium (salt) than other meats.
- Lean lamb (leg, arm, loin).
- Lean cuts of emu, buffalo and ostrich. These are very low in total fat, saturated fat, cholesterol and sodium.
- Wild game (rabbit, pheasant, venison, wild duck without skin). These usually have less fat than animals raised for market (duck, goose).
- Processed sandwich meats (low-fat turkey, chicken, turkey ham, turkey pastrami or lean boiled ham). Check the amount of sodium; some have 25% or more of the daily value.