



## Lean and Healthy Protein Sources

1. 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.
2. The leanest pork choices include pork loin, tenderloin, and center loin.
3. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
4. Choose seafood rich in omega-3 fatty acids, such as salmon, mackerel, tuna, and halibut.
5. Alternate protein sources such as beans, peas, grains, and soy products are healthy choices in the planning of vegetarian menu. Alternate proteins suitable for meeting the 15-gram protein requirement include the following:

Alternate Protein	Serving size	Grams of Protein
Hummus	1 cup	19
Edamame	1 cup	17
Tempeh	3 ounces	16
Lentils	1 cup	18
Nuts	½ cup	15
Tofu	3 ounces	7
Cheese	3 ounces	21
Beans (Garbanzo, Kidney, Black and Lima Beans)	1 cup	15
Quinoa	2 cups	16

**Source:** [FoodData Central \(usda.gov\)](https://www.usda.gov/fooddatacentral/)

6. Some vegetarian menu choices are:
  - a) Chili with kidney or pinto beans
  - b) Stir-fried tofu
  - c) Split pea, lentil, minestrone, or white bean soup
  - d) Black bean or cheese enchiladas
  - e) Garbanzo or kidney beans on a chef's salad
  - f) Rice and beans
  - g) Veggie burgers
  - h) Hummus (chickpeas spread) on pita bread
  - i) Cottage cheese and fruit
  - j) Greek yogurt with granola and fruit
  - k) Quinoa salad with nuts and beans

