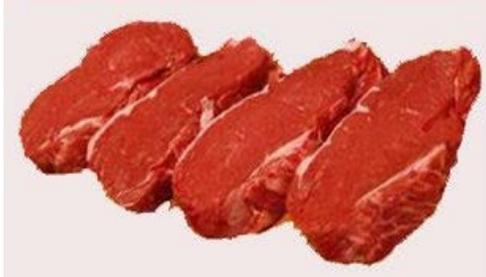


Tips for Choosing Lean Meats

LEAN MEAT OPTIONS



Beef

- ✓ Round steaks and roasts (eye of round, top round, bottom round, round tip)
- ✓ Top loin, sirloin
- ✓ Top loin, sirloin
- ✓ Chuck shoulder and arm roasts
- ✓ Flank steak

Pork

- ✓ Pork loin
- ✓ Tenderloin
- ✓ Center loin
- ✓ Ham

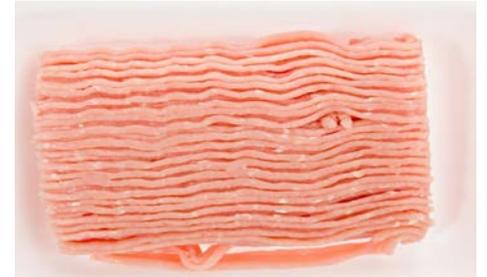
Poultry

- ✓ Boneless, skinless chicken breasts
- ✓ Turkey cutlets



Ground Meat

- ✓ Extra-lean ground beef (at least 90% lean)
- ✓ Low-fat ground chicken or turkey or ground breast meat



Luncheon/Deli Meat

- ✓ Turkey
- ✓ Chicken
- ✓ Roast beef
- ✓ Ham

HOW TO SELECT LEAN MEATS

- Look for the words “round” or “loin” in the name of the cut of meat
- Beef labeled as USDA “Select” or “Choice” usually has less fat than beef labeled as “Prime”
- Look for white-meat chicken and turkey (remove the skin at home)
- Choose lean meat containing less than 3g of fat per 1 oz
- Skip or limit the breading on meat, poultry, or fish to cut back on calories and fat that the breading soaks up during cooking

Sources: USDA's ChooseMyPlate.gov, University of Michigan Integrative Medicine



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