



PROTEIN EXCHANGES

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Lean Meat	--	7	0-3	45
Medium-fat meat	--	7	4-7	75
High-fat meat	--	7	8+	100

Lean Meat & Meat-Substitutes (45/0)

Beef: select or choice grades, trimmed of fat	1 oz	Oysters, fresh or frozen	6 medium
Beef jerky	1/2 oz	Pork, lean	
Cheese*	1 oz	Canadian bacon	1 oz
Cottage cheese	1/2 cup	rib or loin chop/roast, ham, tenderloin	1 oz
Egg substitutes, plain	1/2 cup	Poultry, without skin	1 oz
Egg whites	2	Deli meats* (chipped beef, thin-sliced, turkey)	1 oz
Fish, fresh, frozen, or smoked	1 oz	Salmon, canned	1 oz
Game: buffalo, ostrich, rabbit, venison	1 oz	Sardines, canned	2 small
Hot dog*	1	Sausage*	1 oz
Lamb: chop, leg, or roast	1 oz	Shellfish	1 oz
Organ meat: heart, liver, kidney	1 oz	Tuna, canned, drained	1 oz
		Veal: loin chop, roast	1 oz

*Includes varieties with between 0-3 grams of fat per ounce.

Medium-Fat Meat & Meat Substitutes (75/0)

Beef: prime grades, meatloaf ground beef	1 oz	Pork: cutlet, shoulder roast	1 oz
Cheese*	1 oz	Poultry, with skin	1 oz
Egg	1	Ricotta cheese	1/4 cup
Fish, fried	1 oz	Sausage*	1 oz
Lamb: ground, rib roast	1 oz	Veal, cutlet (no breading)	1 oz

*Includes varieties with between 4-7 grams of fat per ounce.



High-Fat Meat & Meat Substitutes (100/0)

Bacon		Lunch meats: hard salami,	1 oz
Pork (1 oz raw)	2 slices	bologna, pastrami	
Turkey (1/2 oz raw)	3 slices	Sausage: bratwurst, chorizo,	1 oz
Cheese, regular	1 oz	Italian, knockwurst,	
Hot dog (10 per 1 lb pckg)	1	Polish, smoked, summer	
Pork: ground, sausage,	1 oz	*8 g/oz of fat	
spareribs			

Plant-Based Proteins

Be sure to read food labels as items may count as both a protein and a carbohydrate.

Soy-based "meat" products

Bacon	3 strips	1 medium-fat meat
Beef crumbles	2 oz	1/2 carb + 1 lean meat
Burger	3 oz	1/2 carb + 2 lean meats
Chicken nuggets	2 nuggets	1/2 carb + 1 medium-fat meat
Hot dog	1.5 oz	1/2 carb + 1 lean meat
Sausage crumbles	2 oz	1/2 carb + 1 lean meat
Sausage patties	1.5 oz	1 medium-fat meat
Baked beans	1/3 cup	1 starch + 1 lean meat
Beans, cooked	1/2 cup	1 starch + 1 lean meat
Beans, refried	1/2 cup	1 starch + 1 lean meat
Burger, vegetable-based	2.5 oz	1 carb + 2 lean meats
Edamame	1/2 cup	1/2 carb + 1 lean meat
Falafel	3 patties	1 carb + 1 high-fat meat
Hummus	1/3 cup	1 carb + 1 high-fat meat
Lentils	1/2 cup	1 carb + 1 lean meat
Nut butter	1 Tbsp	1 high-fat meat
Peas: black-eyed, split peas	1/2 cup	1 starch + 1 lean meat
Soy nuts, unsalted	3/4 oz	1/2 carb + 1 medium-fat meat
Tempeh	3/4 cup	1 medium-fat meat
Tofu	4 oz	1 lean to medium-fat meat

Remember!
1 carb =
15 grams



[Click here for our Fork Friendly Meat-Free Product List](#)