



MISCELLANEOUS PROTEIN EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

*All selections contain less salt and saturated fat than other products.

Bacon, pork

HEB

- Premium Lower Sodium Bacon (50/0) ----- 3 oz



Bacon, turkey

Hill Country Fare

- Turkey Bacon (30/0) ----- 1 slice

Jennie-O

- Turkey Bacon (30/0) ----- 1 slice

Butterball

- Original Turkey Bacon (30/0) ----- 1 slice



Canadian Bacon

HEB

- Canadian Bacon (35/1) ----- 1 slice

Hormel

- Canadian Bacon (35/1) ----- 1 slice



Eggs, fresh

One egg provides approximately six grams of protein.

Egg-land's Best

- Large "White" (60/0) ----- 1 egg

Nest Fresh

- Cage Free Brown (60/0) ----- 1 egg



Fork Friendly Selections (Cal/g carb)

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Eggs, hard boiled

One egg provides approximately six grams of protein.

Kroger

-Hard Cooked Peeled (60/0) ----- 1 egg

Nest Fresh

- Cage Free Hard Cooked (60/0) ----- 1 egg



Eggs, whites

One egg provides approximately six grams of protein.

Bob Evans

- Egg Whites (25/0) ----- 3 T

Hill Country Fare

- Real Egg Whites (25/0) ----- 3 T



Egg Whites Conversion

1/4 cup.....Approx 1 Large Egg

1/3 cup.....Approx 2 Large Eggs

3/4 cup.....Approx 4 Large Eggs

Fork Friendly Selections (Cal/g carb)

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Hot Dogs, beef

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

Ball Park

- Lean Beef (80/2) ----- 1 frank

Hebrew National

- 97% Fat Free Beef Franks (45/2) ----- 1 frank



Hot Dogs, chicken

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

Hill Country Fare

- Chicken Franks (90/2) ----- 1 frank

Simple Truth

- Uncured Chicken Hot Dogs (90/1) ----- 1 frank



Hot Dogs, turkey

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

Applegate

- Natural Uncured Turkey Hot Dog (70/0) ----- 1 frank

Ball Park

- Smoked White Turkey Franks (45/0) ----- 1 frank

Jennie-O

- Turkey Franks (70/1) ----- 1 frank

Oscar Mayer

- Turkey Original (90/2) ----- 1 frank

Hill Country Fare

- Chicken Franks (110/3) ----- 1 frank



Fork Friendly Selections (Cal/g carb)

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Hot Dogs, vegetarian

Less than 2 grams saturated fat and 500 mg sodium.
One hot dog provides approximately six grams of protein.

Light Life

- Smart Dogs (60/2) ----- 1 oz



Jerky (beef/pork)

At least 48% protein, less than 1 gram saturated fat and 400 mg sodium.
One ounce of jerky provides approximately 10 grams of protein.

Ball Park Flame Grilled

- Chipotle (80/7) ----- 1 oz
- Peppercorn (80/6) ----- 1 oz

Country Archer

- Sriracha (100/12) ----- 1 oz

Kroger

- Original Beef Jerky (80/6) ----- 1 oz

Think

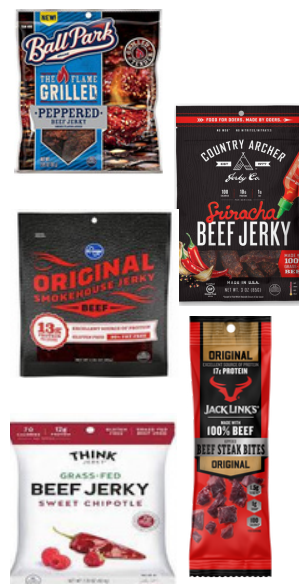
- Grass Fed Beef Jerky- Sweet Chipotle (70/6) ----- 1 oz

Jack Links

- Beef Steak Bites (70/7) ----- 1 oz

Krave

- Garlic Chili Pepper (90/11) ----- 1 oz



Jerky (chicken/turkey)

At least 48% protein, less than 1 gram saturated fat and 400 mg sodium.
One ounce of jerky provides approximately 10 grams of protein.

Chef's Cut Real Jerky

- Chicken Honey BBQ (80/6) ----- 1 oz

Country Archer

- Turkey Jerky Hickory Smoke (70/4) ----- 1 oz

Kroger

- Smokehouse Turkey (70/3) ----- 1 oz

Perky Turkey

- Original (80/8) ----- 1 oz



Fork Friendly Selections (Cal/g carb)

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Sausage, breakfast

HEB

- Premium Fresh Pork, Hickory (160/1) ----- 2 oz
- Hot & Spicy (160/0) ----- 2 oz

Simple Truth

- Turkey Sausage (90/1) ----- 2 oz

Jimmy Dean

- Premium Pork Reduced Fat (145/2) ----- 2 oz



Sausage, breakfast links

Applegate Naturals

- Chicken & Maple (110/2) ----- 3 links
- No Sugar-Added Chicken & Herb (110/0) ----- 3 links

Banquet Brown 'N Serve

- Fully Cooked Original Sausage (180/2) ----- 3 links

Johnsonville

- Turkey Sausage (90/0) ----- 3 links

Simple Truth

- Turkey Sausage (65/0) ----- 3 links



Sausage, breakfast patties

Morning Star

- Veggie Sausage Patties (70/3) ----- 1 patty
- Veggie Maple Flavored (80/5) ----- 1 patty

Applegate

- Chicken & Maple (60/2) ----- 1 patty

Jimmy Dean

- Turkey Patties (120/1) ----- 2 patties



Sausage, links

Hillshire Farms

- Turkey Smoked Sausage (90/3) ----- 2 oz

Johnsonville

- Apple Chicken Sausage (150/5) ----- 1 link

Kroger

- Smoked Turkey Sausage (100/5) ----- 2 oz

Simple Truth

- Spinach Gruyere Chicken Sausage (170/1) ----- 1 link

Butterball

- Natural Hardwood Smoked Turkey (90/5) ----- 2 oz

Holmes

- Smokehouse Pork & Venison (110/0) ----- 2 oz



Sausage, links meatless

Field Roast

- Smoked Apple Sage Sausage (220/16) ----- 1 link
- Italian Garlic & Fennel (220/13) ----- 1 link
- Spicy Mexican Plant Based (230/11) ----- 1 link

Simple Truth

- Meatless Chorizo Sausage (250/10) ----- 1 link

Tofurky

- Original Kielbasa Sausage (250/10) ----- 1 link
- Original Italian Sausage (270/10) ----- 1 link
- Spinach Pesto Sausage (260/13) ----- 3.5 oz
- Chick'n & Apple Sausage (260/11) ----- 3.5 oz



Protein Content (grams of protein/ounce)

Bacon	3 (per slice)
Canadian-style bacon	5-6 (per slice)
Egg, large	6 (per large egg)
Ham	6
Fish fillets or steaks, cooked*	7
Pork loin or tenderloin, cooked*	8
Beef, chicken, or turkey, cooked*	8

*most cuts, may vary