

# Protein

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## This section includes:

- Poultry
  - Fish
  - Lunch Meat
  - • **Cheese**
  - Other
- 

## Does protein have carbs?

Protein options are usually low-carb. However, certain protein options, like processed meat and breaded protein, will have carbs (think: chicken tenders). Also, dairy and legumes are two types of foods that contain both carbs and protein.

Keep an eye out for seasoned and breaded protein options. The poultry and fish sections have some options that are worth both one carb exchange and one protein.

	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



# CHEESE EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Selections contain less salt and saturated fat than other products.

## Block

Under 4 gram saturated fat and under 210 mg sodium

### HEB Select Ingredients

- Fat-Free Mozzarella (40/0) ----- 1 oz./1 inch cube
- Reduced-Fat Colby Jack (90/0.5) ----- 1 oz./1 inch cube
- 2% Milk Cheddar (90/1) ----- 1 oz./1 inch cube

### Kroger

- Mozzarella (80/2) ----- 1 oz./1 inch cube



## Cottage Cheese

Under 2 gram saturated fat and under 400 mg sodium

### Breakstone's

- 2% Small Curd (50/4) ----- 1/4 cup
- Fat Free Small Curd (40/4) ----- 1/4 cup
- Peach and Strawberry (130/14) ----- 1 container

### Daisy

- Low Fat (45/3) ----- 1/4 cup

### Great Value

- 1% Milk Fat (40/3) ----- 1/4 cup

### Good Culture

- Low Fat (50/2) ----- 1/4 cup

### Kroger

- Fat Free (40/3) ----- 1/4 cup



## Cream Cheese

### HEB

- Whipped Mixed Berry (50/5) ----- 2 tbsp

### Kite Hill

- Almond Milk Cream Cheese (70/2) ----- 2 tbsp



**Fork Friendly Selections (Cal/g carb)**

**Serving Size**

**Product Picture**

**Cream Cheese, cont.**

**Kroger**

- Fat Free Original (30/4) ----- 2 tbsp



**Marzetti**

- Strawberry Cream Cheese (60/9) ----- 2 tbsp



**Philadelphia**

- Chive Whipped (50/2) ----- 2 tbsp

- Garlic & Herb Whipped (50/2) ----- 2 tbsp

- Original Whipped (50/2) ----- 2 tbsp



**Feta**

**Athenos**

- Crumbles Reduced Fat (50/1) ----- 1/4 cup



**Cafe Olympia**

- Reduced Fat (60/1) ----- 1/4 cup

- Fat Free (37/1) ----- 1/4 cup



**Président**

- Fat Free Crumbles (35/3) ----- 1/4 cup



**Parmesan**

Under 1 gram saturated fat and under 80 mg sodium

**Buitoni**

- Freshly Shredded (20/0) ----- 2 tsp



**Follow Your Heart**

- Dairy Free Parmesan (20/2) ----- 2 tsp

- Dairy Free Shredded (45/4) ----- 2 TBSP



**Great Value**

- Grated (20/0) ----- 2 tsp

**Kraft**

- 100% Grated (20/0) ----- 2 tsp



**Kroger**

- Grated (20/0) ----- 2 tsp

## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Ricotta

#### Kroger

- Low Fat (50/5) ----- 1/4 cup

#### Miceli's

- Lite Low Fat (50/5) ----- 1/4 cup



### Shredded

Under 3 gram saturated fat and no more than 200 mg sodium

#### Daiya (dairy free)\*

- Cheddar Shreds (90/8) ----- 1/4 cup

- Mozzarella Shreds (90/8) ----- 1/4 cup

#### HEB

- Fat Free Mozzarella (40/2) ----- 1/4 cup

-Reduced Fat Monterey Jack (90/1) ----- 1/4 cup

#### Kroger

- Reduced Fat Mexican Style (90/1) ----- 1/4 cup

#### Kraft

- Fat Free Natural Cheddar Cheese\*\*(45/2)----- 1/4 cup

- Part-Skim Mozzarella (80/1) ----- 1/4 cup

#### Sargento

- Reduced Fat 4 Cheese Mexican (80/1) ----- 1/4 cup



\* 240 mg sodium

\*\*280 mg sodium

## Did You Know?



Cheese can help lower blood pressure! Consuming 3 ounces of low-fat or nonfat dairy products a day--as part of a diet high in fruits and vegetables--has been shown to reduce blood pressure.

Source: [National Heart, Lung, and Blood Institute](#)

## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Slices

#### HEB

- 2% Reduced Fat Milk Cheddar\* (70/0) ----- 1 slice

- 2% Milk Colby & Monterey Jack\* (70/0) ----- 1 slice

#### Kroger

- Mozzarella (60/10) ----- 1 slice

#### Sargento

- Reduced Fat Pepper Jack (60/0) ----- 1 slice

- Mozzarella (60/1) ----- 1 slice

#### Walmart

- Mozzarella (50/0) ----- 1 slice



### Soft

#### Babybel

- Light (50/0) ----- 1 piece

#### The Laughing Cow

- Creamy Garlic and Herb (25/1) ----- 1 wedge

- Creamy Spicy Pepper Jack (25/1) ----- 1 wedge

- Light (25/1) ----- 1 wedge



### Sticks

Under 3 grams saturated fat and under 170 mg sodium

#### Frigo

- CheeseHeads Light String (50/1) ----- 1 stick

#### HEB

- Reduced-Fat Colby and Monterey Jack (70/0) ----- 1 stick

#### Kraft

- Reduced-Fat Mozzarella (60/1) ----- 1 stick

- Fat Free Mozzarella\* (45/2) ----- 1 stick

#### Sargento

- Light Reduced Fat Mozzarella (45/0) ----- 1 stick



\*280 mg sodium

## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Vegan

#### Babybel

- Plant Based Original (50/5) ----- 1 piece

#### Chao Field Roast

- Creamy Original (60/4) ----- 1 slice

#### Daiya

- Cheddar Style Shreds (45/4) ----- 2 tbsp

- Mozzarella Style Shreds (45/4) ----- 2 tbsp

- Mexican Blend Shreds (45/4) ----- 2 tbsp

#### Follow Your Heart

- American Style (60/4) ----- 1 slice

#### Laughing Cow

- Plant Based Garlic & Herb (35/1) ----- 1 wedge

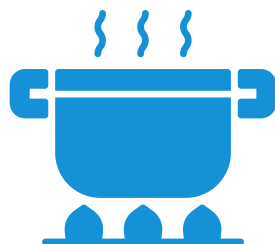
- Plant Based Original (35/1) ----- 1 wedge

#### Miyoko Creamery

- Classic Plant Based Cream Cheese (45/3) ----- 1 tbsp



## Cooking with Low-Fat Cheese



Cooking with reduced-fat cheese doesn't have to be difficult. You can still enjoy your favorite dishes from lasagna and enchiladas to cheesecakes and glazed sweets. [Click the link below](#) to learn how to keep cheesy dishes delicious with low-fat options.

**Source:** [Fork Friendly - It's Cheesy, It's Easy](#)