

Protein

This section includes:

- Poultry
- Fish
- Lunch Meat
- Cheese
- Other



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the section

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.



POULTRY EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

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

Chicken, canned

No more than 1 g saturated fat and 200 mg sodium

Bumble Bee

- Premium Chicken Breast in Water (70/1) ----- 2 oz.



Kroger

- Premium Chicken Breast in Water (70/1) ----- 2 oz.



Chicken, shredded

Less than 2 g saturated fat and no more than 350 mg sodium

HEB

- Meal Simple Shredded Chicken (120/0) ----- 3 oz.

Cocina

- Lightly Seasoned Shredded Chicken (110/0) ----- 3 oz.



Chicken Grillers, breast

No more than 1 g saturated fat and 500 mg sodium

Kroger

- Grilled & Glazed Chicken Breast (120/3) ----- 1 fillet

Tyson

- Grilled & Ready Chicken Breast (130/1) ----- 1 fillet



Chicken Grillers, strips

No more than 1 g saturated fat and 500 mg sodium

HEB

- Sliced Grilled Chicken Breast (110/3) ----- 3 oz.

John Soules

- Chicken fajitas (110/2) ----- 3 oz.

Tyson

- Grilled & Ready Chicken Breast Nugget (110/2) - 3 oz.



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Chicken Nuggets, breaded

No more than 2 g saturated fat and 400 mg sodium

Applegate Naturals

- Nuggets, gluten-free (190/14) ----- 6 nuggets

Golden Platter

- "Gluten free" Nuggets (165/7) ----- 5 nuggets

HEB

- Natural Chicken Breast Chunks (210/17) ----- 4 nuggets

Kidfresh

- Nuggets (130/13) ----- 5 nuggets



Chicken Patties

Less than 2 g saturated fat and 400 mg sodium

Applegate

- Chicken Patties (160/14) ----- 1 patty

Banquet

- Chicken Patties (150/10) ----- 1 patty

Mrs. Fowler's

- Chicken Patties (200/14) ----- 1 patty



Chicken Strips, breaded

Under 3 g saturated fat and 500 mg sodium

Applegate

- Chicken Tenders, gluten free (170/17) ----- 3 oz.

HEB

- Natural Chicken Strips (110/8) ----- 1 strip

Simple Truth

- Chicken Strips (170/14) ----- 3 oz.

Tyson

- Southern Breast Tenderloins (180/12) ----- 3 oz.



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Turkey, ground

HEB

- Ground Turkey Breast 99/1 (120/0) ----- 4 oz.

Jennie-O

- Ground Turkey Breast 99/1 (120/0) ----- 4 oz.

Simple Truth

- Natural Ground Turkey 99/1 (120/0) ----- 4 oz.



Turkey Burger, frozen

Less than 3g saturated fat and 300 mg sodium

ButterBall

- All Natural Turkey Burgers (170/0) ----- 1 burger

HEB

- Seasoned Turkey Burger (170/1) ----- 1 burger

Jennie O

- All Natural Turkey Burgers (150/0) ----- 1 burger

Applegate

- Organic Turkey Burgers (150/0) ----- 1 burger



Turkey Patties, fresh

Jennie-O

- Turkey Patties 93/7 (150/0) ----- 4 oz.



Protein Powder



Navigating protein powder products can be difficult. There are a variety of protein sources and flavors to choose from. Click the link below for an explanation of protein powders and the best products hand-picked by Fork Friendly.

Source: [Fork Friendly Protein Powder Guide](#)

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FISH EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fish canned/Pouch

Less than 1 g saturated fat & 200 mg sodium

Chicken of the Sea

- Skinless and Boneless Pink (70/0) ----- 1 pouch

Safe Catch

- Wild Pacific Pink Salmon, no salt added (85/0) --- 1/4 c



Fish canned, tuna

Less than 1 g saturated fat & 150 mg sodium

Bumble Bee

- White Albacore in Water (60/0) ----- 1/4 c

StarKist

- Very Low Sodium White Albacore (130/0) ----- 1 can

Safe Catch

- Wild Albacore, no salt added (70/0) ----- 1/4 c



Fish fillet, breaded

Less than 2 g saturated fat & 360 mg sodium

Gorton's

- Fish Sandwich (130/15) ----- 1 fillet

Luby's

- Fried Fish (190/14) ----- 1/2 fillet

Gardein

- Plant Based Fish Fillet (200/12) ----- 1 fillet

Sea Cuisine

- Potato and Herb Cod (180/12) ----- 1 fillet



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Fish fillet, seasoned

Less than 2 g saturated fat & 450 mg sodium

Gorton's

- Grilled Tilapia (100/1) ----- 1 fillet
- Natural Catch Grilled Cod Garlic & Herb (80/3) ----- 1 fillet

Sea Cuisine

- Pan Sear Garlic & Herb Tilapia (220/12) ----- 1 fillet

Morey's

- Cod Butter & Herb (210/3) ----- 1 fillet



Fish sticks, frozen

Less than 3 g saturated fat & 450 mg sodium

Gorton's

- Fish Sticks (230/26) ----- 4 sticks
- Tilapia Fish Sticks (250/24) ----- 4 sticks

Ian's

- Gluten Free Fish Sticks (190/19) ----- 5 sticks

Kidfresh

- Fun-tastic Fish Sticks (230/30) ----- 7 sticks

Kroger

- Crunch Fish Sticks (260/28) ----- 7 sticks
- Whole Grain Alaskan Pollock (220/18) ----- 4 sticks

Van de Kamp's

- Crunchy Fish Sticks (230/22) ----- 6 sticks



WORRIED ABOUT MERCURY IN YOUR FISH? [CLICK HERE.](#)



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Salmon, breaded

Sea Cuisine

- Honey Chipotle Wild Alaska Salmon (320/25) ----- 1 fillet
- High Liner Wild Pacific Salmon Mediterranean (240/18) ----- 1 fillet



Salmon, seasoned

Cedar Bay Grilling Company

- Seasoned Atlantic Salmon Applewood with Orange & Ginger (240/16) ----- 1 fillet

Gorton's

- Natural Catch Grilled Salmon (100/2) ----- 1 fillet

Kroger

- Salmon Burger (120/3) ----- 1 burger

Sea Cuisine

- Citrus Herb Rubbed Salmon (240/5) ----- 1 fillet
- Sweet Bourbon Salmon (260/6) ----- 1 fillet

Honey Smoked Fish Co

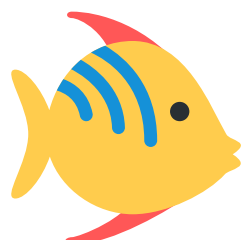
- Chipotle Lime honey Smoked Salmon (150/0) ----- 1/4 fillet

Good & Gather

- Alaskan Salmon Burger (170/2) ----- 1 burger



Omega-3 Content



Health organizations recommend a daily intake of 250-500 mg of Omega-3 (EPA+DHA) per day. Regular Omega-3 consumption can improve overall health and protect against heart disease by lowering blood pressure and increasing good cholesterol.

Source: [Seafood Health Facts, Omega-3 Content](#)





LUNCH MEAT EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

No more than 1 g saturated fat and no more than 7 mg sodium/calorie.

Chicken

Oscar Mayer

- Slow Roasted Chicken Breast (60/0) ----- 4 slices

HEB

- Rotisserie Seasoned Chicken Breast (80/3) ----- 4 slices

Boar's Head

- Golden Classic Chicken Breast (60/0) ----- 2 oz.

Private Selection

- Golden Roasted Chicken Breast (60/2) ----- 3 slices



Ham

HEB

- Natural Honey Ham (70/4) ----- 4 slices

Hillshire Farms

- Ultra Thin-Sliced Lower Sodium Honey Ham (70/5) ----- 4 slices

Kroger

- Deli Style Smoked Ham (80/3) ----- 6 slices

Oscar Mayer

- Natural Honey Uncured Ham (60/1) ----- 4 slices



Roast Beef

HEB

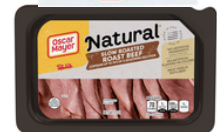
- Reserve Angus Roast Beef (60/0) ----- 2 oz.

Hillshire Farms

- Ultra Thin Sliced Roast Beef (70/1) ----- 2 oz.

Oscar Mayer Deli Fresh

- Natural Slow Roasted Roast Beef (60/1) ----- 6 slices



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Turkey

Applegate Naturals

- Oven Roasted Turkey Breast (50/1) ----- 2 slices

Hillshire Farms

- Lower Sodium Turkey Breast (80/3) ----- 4 slices

Private Selection

- Cracked Pepper Turkey Breast (50/1) ----- 3 slices

HEB

- Oven Roasted Turkey Breast (60/1/) ----- 4 slices

- Peppered Turkey Breast (60/2) ----- 4 slices



HOW MUCH PROTEIN DO I NEED? [CLICK HERE TO CALCULATE.](#)





CHEESE EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Selections contain less salt and saturated fat than other products.

Block

Kroger

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



Jarlsberg

- Lite Reduced Fat Swiss (70/0) ----- 1 oz./1 inch cube



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

Cottage Cheese

Breakstone's

- Honey Vanilla (60/7) ----- 1/4 cup



Daisy

- Low Fat (45/2.5) ----- 1/4 cup



J&J

- Low-Fat (45/2.5) ----- 1/4 cup



Kroger

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

Cream Cheese

HEB

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



Kroger

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



Marzetti

- Strawberry Cream Cheese (60/8) ----- 2 tbsp



Philadelphia

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



Kite Hill

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

Fork Friendly Selections (Cal/g carb)**Serving Size****Product Picture****Feta****Odyssey**

- Reduced Fat (50/2) ----- 2 tbsp

Président

- Fat Free Crumbles (35/3) ----- 2 tbsp

**Parmesan****Buitoni**

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

Kraft

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

Kroger

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

**Ricotta****Kroger**

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

Miceli's

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

**Shredded****Kroger**

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

- Shredded Mozzarella (80/2) ----- 1/4 cup

HEB

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

Daiya

- Mozzarella, Cheddar Style (100/7) ----- 1/4 cup



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Slices

Kroger

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

HEB

- 2% Reduced Fat Milk Cheddar (60/0) ----- 1 slice

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

- Reduced Fat Monterey Jack Thin (70/0) ----- 1 slice

Sargento

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



Soft

The Laughing Cow

- Creamy Garlic and Herb (30/1) ----- 1 wedge

- Creamy Spicy Pepper Jack (30/1) ----- 1 wedge

- Light Creamy Swiss (30/1) ----- 1 wedge

Babybel

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



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

Sticks

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

Weight Watchers

- Light Mozzarella (50/1) ----- 1 stick



Vegan

Chao Field Roast

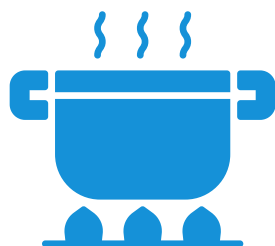
- Creamy Original (60/4) ----- 1 slice
- Spicy Original (60/4) ----- 1 slice

Daiya

- Cheddar Style Shreds (40/4) ----- 2 tbsp
- Mozzarella Style Shreds (40/4) ----- 2 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](#)





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)

Serving Size

Product Picture

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)

Serving Size

Product Picture

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)

Serving Size

Product Picture

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

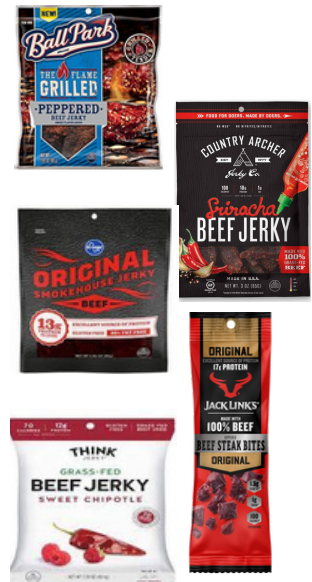
- Grass Fed Beef Jerky- Sweet Chipotle (70/6) ----- 1 oz

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)**Serving Size****Product Picture****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

