

Protein

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



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 slices

Market Pantry

- Hardwood Smoked Center Cut Bacon (50/0) --- 2 slices



Bacon, turkey

Applegate

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

Butterball

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

- Fully Cooked Original Turkey Bacon (30/0) ----

HEB 1 slice

- Original Turkey Bacon (45/0) ----- 1 slice

Oscar Mayer

- Original Turkey Bacon (35/0) ----- 1 slice



Canadian Bacon

Hormel

- Canadian Bacon (20/0)----- 1 slice

Kroger

- Sliced Canadian Bacon (15/0) ----- 1 slice



Eggs, fresh

One egg provides approximately six grams of protein.

Egg-land's Best

- Large White (70/0) ----- 1 egg

Great Value

- Large Brown Eggs (70/0)----- 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 (70/0) ----- 1 egg

Nest Fresh

- Cage Free Hard Cooked (70/0) ----- 1 egg



Eggs, whites

One egg provides approximately six grams of protein.

Bob Evans

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

HEB

- Cage Free Liquid 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 (60/0) ----- 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 link

Morning Star Farms

- Original Plant Based Veggie Dog (60/5) ----- 1 link

**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.

HEB Organics

- Cracked Black Pepper (80/9) ----- 1 oz

Jack Links

- Beef Steak Bites (70/7) ----- 1 oz
- Teriyaki Bites (70/4) ----- 1 oz

Krave

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

Kroger

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

Think

- Grass Fed Beef Jerky- Sweet Chipotle (70/6) --- 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****Meatballs****HEB**

- Italian Style Chicken (190/9) ----- 3 meatballs

Impossible

- Plant Based Frozen Homestyle (210/9) ----- 3 meatballs

Rosina

- Italian Style Turkey (160/5) ----- 3 meatballs

**Sausage, breakfast****Butterball**

-All Natural Turkey Sausage (110/0) ----- 2 oz

Good & Gather ----- 2 oz

-All Natural Turkey Sausage (110/0) ----- 2 oz

HEB

- Premium Fresh Pork, Hickory (170/1) ----- 2 oz

- Hot & Spicy (170/0) ----- 2 oz

-Turkey Sausage Italian (110/0) ----- 2 oz

-Turkey Sausage Mild (110/0) ----- 2 oz

Simple Truth

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

**Sausage, breakfast links****Applegate Naturals**

- Chicken & Maple (110/2) ----- 3 links

- Chicken & Apple (120/3) ----- 3 links

-Savory Turkey (90/1) ----- 3 links

Johnsonville

- Turkey Sausage (80/0) ----- 3 links

Jimmy Deans

- Fully Cooked Turkey Sausage (130/2) ----- 3 links



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Sausage, breakfast patties

Applegate

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

Bettergoods

- Gluten Free Maple Chicken (80/3) ----- 1 patty

Butterball

- Turkey Breakfast Sausage (70/0) ----- 1 patty

Morning Star

- Veggie Sausage Patties (70/3) ----- 1 patty

- Veggie Maple Flavored (80/5) ----- 1 patty

Jimmy Dean

- Turkey Patties (120/1) ----- 1 patty

Kroger

- Fully Cooked Reduced Fat Turkey Sausage (80/1)



Sausage, links

Good & Gather

- Andouille Chicken Sausage (130/3) ----- 1 link

Hillshire Farms

- Turkey Smoked Sausage (90/3) ----- 1 link

Kroger

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

Butterball

- Natural Hardwood Smoked Turkey (100/6) --- 2 oz

Holmes

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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Sausage, links meatless

Field Roast

- Smoked Apple Sage Sausage (220/16) ----- 1 link
- Italian Garlic & Fennel (220/13) ----- 1 link



Simple Truth

- Meatless Chorizo Sausage (250/10) ----- 1 link
- Meatless Polska Kielbasa Sausage (140/1) ----- 1 link



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

