

# Protein

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## This section includes:

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



# FISH EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

## Fish canned/pouch, salmon

Less than 1 g saturated fat & 220 mg sodium

### Chicken of the Sea

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

### Safe Catch

- Wild Pacific Pink Salmon, no salt added (90/0) ----- 1/2 c



## Fish canned, tuna

No more than 1 g saturated fat & 150 mg sodium

### Bumble Bee

- White Albacore in Water (70/0) ----- 1/4 c

### Safe Catch

- Wild Albacore, no salt added (100/0) ----- 1/4 c

### StarKist

- Very Low Sodium White Albacore (130/0) ----- 1/4 c

### Wild Planet

- Albacore Tuna No Salt (100/0) ----- 1/4 c



## Fish fillet, breaded

Less than 2 g saturated fat & 350 mg sodium

### Gardein

- Plant Based Fish Fillet (150/15) ----- 1/2 fillet

### Gorton's

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

### Luby's

- Fried Fish (190/16) ----- 1/2 fillet

### Mrs. Paul

- Lightly Breaded Haddock Fillets (230/20) ----- 1 fillet

### Sea Cuisine

- Potato and Herb Cod (180/15) ----- 1 fillet



## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Fish fillet, seasoned

Less than 2 g saturated fat & 450 mg sodium

#### Better Fish

- Simply Skinless Barramundi (100/0) ----- 1 fillet

**Gorton's** ----- 1 fillet

- Flame Grilled Tilapia (100/1) -----

- Natural Catch Grilled Cod Garlic & Herb (120/5) ----- 1 fillet

#### Morey's

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

#### Sea Cuisine

- Pan Sear Garlic & Herb Tilapia (230/13) ----- 1 fillet



### Fish sticks, frozen

Less than 3 g saturated fat & 450 mg sodium

#### Great Catch

- Golden Panko Breaded Pollock (230/11) ----- 2 pieces

#### Gorton's

- Fish Sticks (115/13) ----- 2 sticks

- Fish Taco Tenders (145/15) ----- 2 sticks

- Tilapia Fish Sticks (125/12) ----- 2 sticks

#### Ian's

- Gluten Free Fish Sticks (180/19) ----- 4 sticks

#### Kidfresh

- Fresh Fish Sticks (130/17) ----- 4 sticks



## 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](#)

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

**Serving Size**

**Product Picture**

**Fish sticks, frozen cont.**

Less than 3 g saturated fat & 450 mg sodium

**Kroger**

- Crunch Fish Sticks (150/16) ----- 4 sticks
- Whole Grain Alaskan Pollock (220/18) ----- 4 sticks

**Mrs. Paul's**

- Jumbo Fish Sticks (190/19) ----- 3 sticks

**Van de Kamp's**

- Crunchy Fish Sticks (150/15) ----- 4 sticks



**Salmon, seasoned**

Under 5g saturated fat and no more than 450 mg Sodium

**Gorton's**

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

**Honey Smoked Fish Co**

- Chipotle Lime Honey Smoked Salmon\* (180/0) ----- 2 oz

**Kroger**

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

**Morey's**

- Atlantic Salmon Seasoned Grill (290/2) ----- 1 fillet
- Wild Salmon Steakhouse (260/2) ----- 1 fillet

**Private Selections**

- Everything Bagel Crusted Atlantic Salmon (310/2) ----- 1 fillet
- Blackened Atlantic Salmon (300/1) ----- 1 fillet

**Sea Cuisine**

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



\*470 mg Sodium

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

## Fish Pouch, Flavored

Under 1g saturated fat and no more than 350 mg sodium

### Bumble Bee

-Lemon Pepper (80/2) ----- 1 pouch

- Spicy Thai Chili (80/6) ----- 1 pouch

### Chicken of the Sea

- Dill Tuna (70/2) ----- 1 pouch

-Lemon Garlic (70/4) ----- 1 pouch

-Sweet & Spicy (90/5) ----- 1 pouch

### HEB

- Garlic & Herb (80/0) ----- 1 pouch

### Starkist

- Bacon Ranch (80/2) ----- 1 pouch

- Hickory Smoke (110/0) ----- 1 pouch

- Honey BBQ (90/4) ----- 1 pouch

- Zesty Lemon Pepper (80/0) ----- 1 pouch



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

