

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

No more than 1 g saturated fat and 125 mg sodium/slice

HEB

- Lower Sodium Center Cut Bacon (50/0) ----- 2 slices

Kroger

- Lower Sodium Bacon (80/0) ----- 2 slices

Market Pantry

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



Bacon, turkey

No more than 1 g saturated fat and 300 mg sodium/slice

Applegate

- Natural Uncured Turkey Bacon (60/0) ----- 2 slices

Butterball

- Original Turkey Bacon (60/0) ----- 2 slices

Jennie-o

- Lower Sodium Turkey Bacon (60/0) ----- 2 slices



Canadian Bacon

Under 1 g saturated fat and 500 mg sodium/serving

Hormel

- Canadian Bacon (60/1) ----- 3 slice

Jones Dairy Farm

Canadian Bacon Slices (60/1) ----- 3 slices



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Eggs, fresh

One egg provides approximately six grams of protein.

Egg-land's Best

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

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

Great Value

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

Marketside

- Large Cage Free Brown (70/0) ----- 1 egg



Eggs, hard boiled

One egg provides approximately six grams of protein.

Eggland's Best

- Hard Cooked Peeled Eggs (50/0) ----- 1 egg

Kramer Farms

- Hard Boiled Eggs (70/0) ----- 1 egg

Kroger

- Hard Cooked Peeled (70/0) ----- 1 egg

Nest Fresh

- Free Range Hard Boiled (60/0) ----- 1 egg



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

Eggs, whites

One egg provides approximately six grams of protein.

Bob Evans

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

Egg Beaters

- Liquid Egg Whites (25/0) ----- 3 Tbsp

HEB

- Cage Free Liquid Egg Whites (25/0) ----- 3 Tbsp



Hot Dogs, beef

No more than 2 g saturated fat and 500 mg sodium, all hot dogs listed.
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

Kayem

- Skinless Beef Hot Dogs (140/2) ----- 1 frank



Hot Dogs, chicken

Hill Country Fare

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

Simple Truth

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



Hot Dogs, turkey

Applegate

- Natural Uncured Turkey Hot Dog (80/1) ----- 1 frank

Ball Park

- Smoked White Meat Turkey Hot Dogs (45/5) -- 1 frank



Fork Friendly Selections (Cal/g carb)**Serving Size****Product Picture****Hot Dogs, vegetarian****Field Roast**

- Plant Based Stadium Dog (150/8) ----- 1 link

Light Life

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

Morning Star Farms

- Veggie Dogs (60/5) ----- 1 link

**Jerky (beef/pork)**

At least 48% protein, less than 1 gram saturated fat and less than 400 mg sodium, for all jerky listed.

One ounce of jerky provides approximately 10 grams of protein.

Country Archer

- Grass-Fed Beef Jerky-Original* (70/6) ----- 1 oz

- Grass-Fed Beef Jerky-Teriyaki (70/7) ----- 1 oz

- Grass-Fed Beef Jerky-Hatch Chile (60/6) ----- 1 oz

Krave

- Garlic Chili Pepper Meat Cuts (80/9) ----- 1 oz

- Wagyu Beef (70/4) ----- 1 oz

Think

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

**Jerky (chicken/turkey)****Chef's Cut Real Jerky**

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

Country Archer

- Turkey Jerky Hickory Smoke (70/5) ----- 1 oz

Perky Turkey

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

Sprouts

-Turkey Jerky (70/5) ----- 1 oz

Think

- Turkey Jerky Sriracha Honey (60/6) ----- 1 oz



*contains 420 mg sodium

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Meatballs

Under 4 g saturated fat and 500 mg sodium

HEB

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

Impossible

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

Rosina

- Italian Style Chicken (140/5) ----- 3 meatballs

- Italian Style Turkey (170/7) ----- 3 meatballs



Sausage, breakfast

Butterball

-All Natural Fresh Turkey Sausage (95/1) ----- 2 oz

Good & Gather

-All Natural Turkey Sausage Roll (90/0) ----- 2 oz

HEB

- Premium Pork Breakfast Sausage-Hickory Smoke Flavored (170/1) ----- 2 oz

- Premium Pork Breakfast Sausage-Hot & Spicy (170/0) ----- 2 oz

-Turkey Sausage-Italian Style(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 (110/3) ----- 3 links

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

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

Johnsonville

- Turkey Sausage (120/1) ----- 3 links

Jimmy Dean

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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Sausage, breakfast patties

Under 2 g saturated fat and 350 mg sodium/patty

Applegate

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

Bettergoods

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

Butterball

- Turkey Breakfast Sausage (55/0) ----- 1 patty

Morning Star

- Veggie Sausage Patties (80/5) ----- 1 patty

- Veggie Maple Flavored (90/7) ----- 1 patty

Jimmy Dean

- Turkey Patties (55/0) ----- 1 patty

Kroger

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



Sausage, links

No more than 2 g saturated fat and 500 mg sodium

Bilinski's

- Chicken Sausage-Wild Mushroom* (80/0)----- 1 link

- Chicken Sausage-Italian Bell Pepper (80/2) --- 1 link

- Chicken Sausage-Capree Style (80/2) ----- 1 link

Butterball

- Natural Hardwood Smoked Turkey (100/5) --- 2 oz

Good & Gather

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



*contains 530 mg sodium

**contains 570 mg sodium

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Sausage, links - cont.

No more than 2 g saturated fat and 500 mg sodium

Hillshire Farms

- Turkey Smoked Sausage (100/3) ----- 2 oz

Kroger

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

Holmes Smokehouse

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



Sausage, links meatless

No more than 2 g saturated fat and 600 mg sodium

Beyond Sausage

- Plant Based Link (210/8) ----- 1 link

Field Roast

- Smoked Apple Sage Sausage* (240/13) ----- 1 link

Simple Truth

- Meatless Chorizo Sausage (230/7) ----- 1 link



*contains 630 mg sodium

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