



PROTEIN EXCHANGES - POULTRY

Fork Friendly Selections (Cal/carb)

Serving Size

Product Pictures

*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 Chkn Breast in Water (70/1) ---- 2 oz

Kroger

-Premium Chkn 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.

Hormel

-Taco Shredded Chicken (80/1) ----- 1/4 c



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 (110/2) -- 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.

Simple Truth

-Chicken Fajita Strips (100/3) ----- 3 oz.

Tyson

-Naturals Grilled Chicken Breast (110/2) -- 3 oz.



Fork Friendly Selections (Cal/carb)**Serving Size****Product Pictures**

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

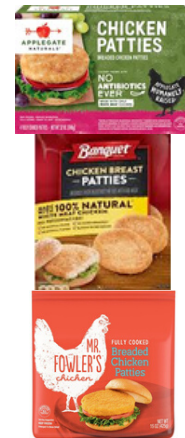
-Chicken Patties (160/14) ----- 1 patty

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 (110/10) ----- 1 strip

Simple Truth

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

Tyson

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



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Turkey, ground

HEB

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

Jennie O

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

Kroger

-Fresh Ground Turkey 93/7 (160/0) ----- 4 oz.



Turkey Burger, frozen

Less than 3g saturated fat and 300 mg sodium

Butterball

-Natural Inspirations (180/0) ----- 1 burger

HEB

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

Kroger

-Seasoned Lean Turkey Burgers (220/1) -- 1 burger



Turkey Patties, fresh

HEB

-Turkey Patties 93/7 (160/0) ----- 4 oz.

Jennie O

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



Protein Powders



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](#)