



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](#)