

# 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



# CHEESE EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Selections contain less salt and saturated fat than other products.

## Block

Under 4 gram saturated fat and under 210 mg sodium

### Kroger

- Mozzarella (80/2) ----- 1 oz./1 inch cube



### Jarlsberg

- Lite Reduced Fat Swiss (70/0) ----- 1 oz./1 inch cube



### HEB Select Ingredients

- Fat-Free Mozzarella (40/0) ----- 1 oz./1 inch cube

- Reduced-Fat Colby Jack (90/0.5) ----- 1 oz./1 inch cube



- 2% Milk Cheddar (90/1) ----- 1 oz./1 inch cube

## Cottage Cheese

Under 2 gram saturated fat and under 400 mg sodium

### Breakstone's

- 2% Small Curd (50/4) ----- 1/4 cup

- Peach and Strawberry (60/6) ----- 1/4 cup



### Daisy

- Low Fat (45/3) ----- 1/4 cup



### Good

-Low Fat (40/2) ----- 1/4 cup



### J&J

- Low-Fat (45/3) ----- 1/4 cup



### Kroger

- Fat Free (40/3) ----- 1/4 cup

## Cream Cheese

### HEB

- Whipped Mixed Berry (50/5) ----- 2 tbsp



### Kroger

- Fat Free Original (30/4) ----- 2 tbsp



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

**Serving Size**

**Product Picture**

**Cream Cheese, cont.**

**Marzetti**

- Strawberry Cream Cheese (60/8) ----- 2 tbsp

**Philadelphia**

- Original Whipped (50/2) ----- 2 tbsp

**Kite Hill**

- Almond Milk Cream Cheese (70/2) ----- 2 tbsp



**Feta**

**Athenos**

-Crumbles Reduced Fat (50/1) ----- 2 tbsp

**Président**

- Fat Free Crumbles (35/3) ----- 2 tbsp



**Parmesan**

Under 1 gram saturated fat and under 80 mg sodium

**Buitoni**

- Freshly Shredded (20/0) ----- 2 tbsp

**Follow Your Heart**

-Dairy Free Parmesan (20/2) ----- 2 tbsp

**Kraft**

- 100% Grated (20/0) ----- 2 tbsp

**Kroger**

- Grated (20/0) ----- 2 tbsp



**Ricotta**

**Kroger**

- Low Fat (50/5) ----- 1/4 cup

**Miceli's**

- Lite Low Fat (50/5) ----- 1/4 cup



**Fork Friendly Selections (Cal/g carb)****Serving Size****Product Picture****Shredded**

Under 3 gram saturated fat and under 170 mg sodium

**Kroger**

- Reduced Fat Mexican Style (80/1) ----- 1/4 cup
- Shredded Mozzarella (80/2) ----- 1/4 cup

**HEB**

- Fat Free Mozzarella (40/2) ----- 1/4 cup
- Reduced Fat Monterey Jack (90/1) ----- 1/4 cup

**Daiya**

- Mozzarella, Cheddar Style (100/7) ----- 1/4 cup

**Slices****Kroger**

- Mozzarella (60/10) ----- 1 slice

**HEB**

- 2% Reduced Fat Milk Cheddar (60/0) ----- 1 slice
- 2% Milk Colby & Monterey Jack (70/0) ----- 1 slice
- Reduced Fat Monterey Jack Thin (70/0) ----- 1 slice

**Walmart**

- Mozzarella (50/0) ----- 1 slice

**Soft****The Laughing Cow**

- Creamy Garlic and Herb (30/1) ----- 1 wedge
- Creamy Spicy Pepper Jack (30/1) ----- 1 wedge
- Light Creamy Swiss (30/1) ----- 1 wedge

**Babybel**

- Light (50/0) ----- 1 piece

**Did You Know?**

Cheese can help lower blood pressure! Consuming 3 ounces of low-fat or nonfat dairy products a day--as part of a diet high in fruits and vegetables--has been shown to reduce blood pressure.

Source: [National Heart, Lung, and Blood Institute](#)

## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Sticks

Under 2 grams saturated fat and under 160 mg sodium

#### Frigo

- CheeseHeads Light String (50/1) ----- 1 stick

#### HEB

- Reduced-Fat Colby and Monterey Jack (70/0) ----- 1 stick

#### Kraft

- Reduced-Fat Mozzarella (60/1) ----- 1 stick

#### Weight Watchers

- Light Mozzarella (50/1) ----- 1 stick



### Vegan

#### Chao Field Roast

- Creamy Original (60/4) ----- 1 slice

- Spicy Original (60/4) ----- 1 slice

#### Daiya

- Cheddar Style Shreds (50/4) ----- 2 tbsp

- Mozzarella Style Shreds (50/4) ----- 2 tbsp

- Mexican Blend Shreds (50/4) ----- 2 tbsp

#### Laughing Cow

- Garlic & Herb (35/1) ----- 1 wedge

- Original (35/1) ----- 1 wedge

#### Babybel

- Original (50/5) ----- 1 wedge



## Cooking with Low-Fat Cheese



Cooking with reduced-fat cheese doesn't have to be difficult. You can still enjoy your favorite dishes from lasagna and enchiladas to cheesecakes and glazed sweets. Click the link below to learn how to keep cheesy dishes delicious with low-fat options.

Source: [Fork Friendly - It's Cheesy, It's Easy](#)