

# 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 & 200 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) ----- 1/4 c



## Fish canned, tuna

Less than 1 g saturated fat & 150 mg sodium

### Bumble Bee

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

### StarKist

- Very Low Sodium White Albacore (70/0) ----- 1/4 c

### Safe Catch

- Wild Albacore, no salt added (70/0) ----- 1/4 c



## Fish fillet, breaded

Less than 2 g saturated fat & 360 mg sodium

### Gorton's

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

### Luby's

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

### Gardein

- Plant Based Fish Fillet (200/12) ----- 1 fillet

### Sea Cuisine

- Potato and Herb Cod (180/12) ----- 1 fillet



## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Fish fillet, seasoned

Less than 2 g saturated fat & 450 mg sodium

#### Gorton's

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

#### Sea Cuisine

- Pan Sear Garlic & Herb Tilapia (220/12) ----- 1 fillet

#### Morey's

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

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

#### Ian's

- Gluten Free Fish Sticks (150/15) ----- 4 sticks

#### Kidfresh

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

#### Kroger

- Crunch Fish Sticks (150/16) ----- 4 sticks

#### Van de Kamp's

- Crunchy Fish Sticks (150/15) ----- 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**

**Salmon, seasoned**

Under 1g saturated fat and no more than 350 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**

- Wild Salmon Steakhouse (260/2)----- 5 oz
- Atlantic Salmon Seasoned Grill (290/2) ----- 4 oz

**Sea Cuisine**

- Honey Chipotle Wild Alaskan Salmon (230/18) - 1 fillet
- Teriyaki Sesame Salmon (240/10) ----- 1 fillet



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



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

