



# 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

**HEB**

- Premium Lower Sodium Bacon (50/0) ----- 1 oz



## Bacon, turkey

**Hill Country Fare**

- Turkey Bacon (30/0) ----- 1 slice

**Jennie-O**

- Turkey Bacon (30/0) ----- 1 slice

**Simple Truth**

- Hardwood Smoked Turkey Bacon (45/0) ----- 1 slice



## Canadian Bacon

**HEB**

- Canadian Bacon (35/1) ----- 1 slice

**Hormel**

- Canadian Bacon (35/1) ----- 1 slice



## Eggs, fresh

One egg provides approximately six grams of protein.

**Egg-land's Best**

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

**Nest Fresh**

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



## Fork Friendly Selections (Cal/g carb)

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### Eggs, hard boiled

One egg provides approximately six grams of protein.

#### Kroger

- Break-Free Hard Cooked & Peeled (60/0) ----- 1 egg

#### Nest Fresh

- Cage Free Hard Cooked (60/0) ----- 1 egg



### Eggs, whites

One egg provides approximately six grams of protein.

#### Bob Evans

- Egg Whites (25/0) ----- 1 egg

#### Hill Country Fare

- Real Egg Whites (25/0) ----- 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

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### Hot Dogs, beef

Less than 2 grams saturated fat and 500 mg sodium.

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



### Hot Dogs, chicken

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

#### Bar S

- Chicken Franks (100/3) ----- 1 frank

#### Simple Truth

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



### Hot Dogs, turkey

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

#### Applegate

- Natural Uncured Turkey Hot Dog (70/0) ----- 1 frank

#### Ball Park

- Smoked White Turkey Franks (45/0) ----- 1 frank

#### Jennie-O

- Turkey Franks (70/1) ----- 1 frank

#### Oscar Mayer

- Turkey Uncured Franks (120/3) ----- 1 frank



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

## Hot Dogs, vegetarian

Less than 2 grams saturated fat and 500 mg sodium.

One hot dog provides approximately six grams of protein.

### Light Life

- Smart Dogs (50/2) ----- 1 oz



## Jerky (beef/pork)

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

One ounce of jerky provides approximately 10 grams of protein.

### Ball Park Flame Grilled

- Chipotle (80/7) ----- 1 oz
- Peppered (80/6) ----- 1 oz

### Country Archer

- Sriracha (100/12) ----- 1 oz

### HEB - Mike's Recipe

- Smoked Beef Jerky (90/0) ----- 1 oz
- Red Pepper Jerky (80/2) ----- 1 oz

### Jack Links

- Beef Steak Bites (70/7) ----- 1 oz

### Krave

- Garlic Chili Pepper (90/11) ----- 1 oz



## Jerky (chicken/turkey)

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

One ounce of jerky provides approximately 10 grams of protein.

### Chef's Cut Real Jerky

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

### HEB - Mike's Recipe

- Smoked Turkey Jerky (70/0) ----- 1 oz

### Kroger

- Smokehouse Turkey (70/3) ----- 1 oz

### Perky Turkey

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



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### Sausage, breakfast

#### HEB

- Premium Fresh Pork, Hickory (160/1) ----- 2 oz

#### Hill Country Fare

- Pork Breakfast Sausage, Regular (190/0) ----- 2 oz

#### Jimmy Dean

- Premium Sage Pork Sausage (180/1) ----- 2 oz

#### Purnell Old Folks

- Country Sausage, Hot (220/0) ----- 2 oz



### Sausage, breakfast links

#### Applegate Naturals

- Classic Pork Breakfast Sausage (170/1)----- 3 links

#### Banquet Brown 'N Serve

- Fully Cooked Maple Sausage (180/2) ----- 3 links

- Fully Cooked Original Sausage (180/2) ----- 3 links



### Sausage, breakfast patties

#### Banquet Brown 'N Serve

- Fully Cooked Original Sausage Patties (150/1) ----- 2 patties



### Sausage, links

#### Hillshire Farms

- Turkey Smoked Sausage (90/3) ----- 2 oz

#### Johnsonville

- Apple Chicken Sausage (150/5) ----- 1 link

#### Kroger

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

#### Simple Truth

- Spinach Gruyere Chicken Sausage (150/1) ----- 1 link



## Sausage, links meatless

### Field Roast

- Smoked Apple Sage Sausage (240/11) ----- 1 link

### Simple Truth

- Meatless Chorizo Sausage (250/10) ----- 1 link
- Meatless Polska Kielbasa Sausage (250/7) ----- 1 link

### Tofurky

- Original Kielbasa Sausage (250/10) ----- 1 link
- Original Italian Sausage (270/10) ----- 1 link
- Spinach Pesto Sausage (260/13) ----- 1 link



## 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