

# 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



# 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

### Great Value

- Chunk Chicken Breast\* (45/0) ----- 2 oz.

### HEB

- Chicken Breast Low Sodium (60/0) ----- 2 oz.

### Keystone

- All Natural Chicken (60/0) ----- 2 oz.

### Wild Planet

- Oven Roasted Chicken Breast-no salt (60/0) ----- 2 oz.



## Seasoned Chicken Pouches

No more than 1 g saturated fat and less than 400 mg sodium

### StarKist

- Chicken Creations Chicken Salad (70/4) ----- 1 pouch
- Chicken Creations Southwest Style (90/3) ----- 1 pouch
- Chicken Creations Roasted Garlic & Herb (100/5) ----- 1 pouch

### Swanson

- White Chunk Chicken-Lemon (70/4) ----- 1 pouch
- White Chunk Chicken-Garlic (80/4) ----- 1 pouch
- White Chunk Chicken-Hickory Smoked BBQ (80/5) ----- 1 pouch



## Chicken, shredded

Less than 2 g saturated fat and no more than 350 mg sodium

### Del Real Foods

- Shredded Chicken Pollo Deshebrado (90/0) ----- 1/2 cup

### HEB

- Meal Simple Shredded Chicken (120/0) ----- 3 oz

### Starkist

- White Chicken 25% Less Sodium (80/1) ----- 1 pouch





## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Chicken Grillers, breast

No more than 1 g saturated fat and 500 mg sodium

#### Great Value

- Grilled Chicken Breast, Whole (100/1) ----- 1 fillet

#### Kroger

- Grilled & Glazed Chicken Breast (120/3) ----- 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 (110/3) ----- 3 oz.

- Grilled Chicken Breast Strips (110/3) ----- 3 oz.

#### Kroger

- Grilled Chicken Breast Strips (100/2) ----- 3 oz.

#### Tyson

- Grilled Chicken Breast Strips (100/2) ----- 3 oz.



### Chicken Nuggets, breaded

No more than 2 g saturated fat and 400 mg sodium

#### Applegate Naturals

- Nuggets, gluten-free (160/14) ----- 6 nuggets

#### Earth's Best

- Frozen Chicken Nuggets (140/10) ----- 4 nuggets

#### Kidfresh

- Nuggets (130/13) ----- 5 nuggets

#### Perdue Simply Smart

- Gluten Free Chicken Nuggets (130/14) ----- 6 nuggets

#### Simple Truth

- Whole Grain Chicken Chunks (170/12) ----- 5 nuggets



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

**Serving Size**

**Product Picture**

**Chicken Patties, breaded**

Less than 2 g saturated fat and 400 mg sodium

**Applegate**

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

**Banquet**

- Chicken Breast Patties (160/12) ----- 1 patty

**Kroger**

- Chicken Breast Patties (170/11) ----- 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

**Purdue**

- Crispy Chicken Strips (180/16) ----- 3 oz.

**Real Good**

- Lightly Breaded Chicken Strips (130/4) ----- 4 oz.

**Tyson**

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



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

**Serving Size**

**Product Picture**

**Chicken Salad**

Under 4 g saturated fat and no more than 500 mg sodium

**Good & Gather**

- Cranberry Almond Chicken Salad (130/12) --- 1/2 cup

**HEB**

- Tarragon Chicken Salad (220/5) ----- 1/2 cup

**Kroger**

- Savory Chicken Salad Pre-Pack (210/1) ----- 1/2 cup
- Fresh Chicken Salad w/ Grapes (210/3) ----- 1 cup

**Resters**

- Rotisserie Chicken Salad (310/5) ----- 1/2 cup

**Walmart**

- Chicken Salad, Rotisserie (210/10) ----- 1/2 cup
- Chicken Salad, Cranberry, Celery, Pecans (115/10) ----- 1/4 cup
- Chicken Salad, Grapes (240/9) ----- 1/2 cup



**Turkey, ground**

**HEB**

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

**Honeysuckle**

- White 99% Fat Free Ground Turkey Breast (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.



## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Turkey Burger

Less than 3g saturated fat and 300 mg sodium

#### Applegate

- Organic Turkey Burgers (150/0) ----- 1 burger

#### ButterBall

- All Natural Turkey Burgers (180/0) ----- 1 burger

#### HEB

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

#### Jennie O

- All Natural Turkey Burgers (160/0) ----- 1 burger

#### Simple Truth

- Natural Turkey Burgers (220/0) ----- 1 burger



## 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](#)