

Food Sources of **Lean Protein**

Plant Protein

Grains. Quinoa.

Legumes. Dried beans, peas, and lentils of all types.

Nuts. All unsalted varieties of nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts.

Seeds. Pumpkin seeds, sesame seeds, sunflower seeds.

Soy. Processed soy products such as soy protein, tofu, soy yogurt, soy “meat” alternatives.

Animal Protein

Beef. Lean cuts of beef: brisket, chuck arm, flank steak, bottom round, eye of the round, top round, sirloin, tenderloin, tip roast, top loin.

Dairy. Cheese, cottage cheese, milk, yogurt.

Eggs. Chicken eggs are the most common but also duck eggs and turkey eggs.

Fish. A variety of fish, including cod, flounder, haddock, halibut, mackerel, mahi-mahi, perch, pollock, salmon, sole, snapper, tilapia, trout, tuna.

Lamb. Lean cuts of lamb: blade chop, fore shank, leg roast (shank half), loin chop, sirloin roast.

Pork. Lean cuts of pork such as Canadian bacon, center cut chop, center cut loin roast, ham (90-95% lean), leg (shank half), tenderloin.

Poultry. Skinless chicken or turkey.

Seafood. Clams, crab, lobster, oysters, scallops, shrimp.

Veal. Arm steak, blade steak, cutlet, loin chop, rib roast, sirloin chop.