

Dietitian's picks: **Meat & Seafood**

Chicken

Chicken is a versatile, lean source of protein that fits easily into a balanced diet. Pay attention to frozen varieties with added sodium—opt for options without added sodium or buy fresh and freeze it yourself at home.

Smart Ground Chicken
Gold'n Plump Boneless Skinless Chicken Breast Fillets
Gold'n Plump Boneless Skinless Chicken Breast Portions
Just Bare Chicken Breast Fillets
Just Bare Chicken Tenders

Turkey

Turkey is versatile! Try adding cooked turkey bacon to egg muffins, crumpled on top of baked potatoes, or topped on a salad. Ground turkey can be used to make burgers, turned into tacos or added to your favorite hot dish.

Jennie-O Turkey Bacon
Jennie-O 93/7 Ground Turkey
Jennie-O 99/1 Ground Turkey
Jennie-O Extra Lean Oven-Roasted Turkey Breast
Applegate Naturals Oven Roasted Turkey Breast

Beef

Lean cuts of beef can be a great source of protein, iron, and other essential nutrients. Look for cuts labeled "loin" or "round" for leaner options and trim any visible fat before cooking. Choose ground beef that's at least 90% lean and drain excess fat after cooking for an even lighter option.

93/7 Lean Ground Beef
Beef Flank Steak
Beef Sirloin Tip Roast
Sirloin Tip Steak
Top Sirloin Steak
Ground Sirloin
Beef Round Sirloin Tip Roast Center Cut
Beef Tri-tip Sirloin Fillet, No Solutions Added
Beef Sirloin Kabob with Vegetables (plain)
Beef Tenderloin Steak
T-Bone Steak
Loin T-Bone Steak
Round Bottom Round Steak

Pork

Pork is a flavorful source of lean protein when you choose the right cuts. Look for labels with words like "loin" and "chop"—these are typically leaner options.

Extra Lean Pork Tenderloin
Pork Loin Sirloin Roast
Pork Loin Boneless Ribeye
Pork Loin Sirloin Chops
Pork Loin Top Loin Chop
Pork Loin Top Loin Thin Chops
Pork Loin Center Cut Loin Pork Chops
Assorted Pork Chops
America's Cut Pork Chop
Butterfly Pork Chops
Pork Loin Boneless Ribeye Pork Chops
Pork Loin Rib Center Cut Thin Pork Chops- Bone-In
Pork Loin Center Cut Thick Pork Chops- Bone-In
Pork Loin Rib Center Cut Pork Chops, Bone-In
Pork Loin America's Cut Chop, Boneless
Hormel Always Tender Pork Loin

Seafood

Seafood offers a variety of lean protein options along with beneficial nutrients like omega-3 fats, especially in fatty fish.

Cooked Greenshell Mussels
Oysters in Shell
Sea Scallops
Tuna Loin
Red Snapper
Swordfish
Dover Sole
Pollock
Catfish Fillet
Steelhead Fillet
Tilapia Fillet
Norwegian Salmon Fillet
Mahi Mahi Fillet
Cod Fillet
Red King Salmon Fillet
Walleye Fillet
Full Circle Alaskan Sockeye Salmon fillet, frozen
Full Circle Alaskan Keta Salmon fillet, frozen
Cape Covelle Salmon fillets, frozen
Full Circle Tilapia fillets, frozen
Full Circle Alaskan Cod fillets, frozen

* Not all products are available in all locations.

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

 **registered dietitian team**

  