

Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



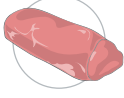
Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats

goat, camel, horse kangaroo, crocodile



Plain Greek yogurt



Tempeh



Cultured cottage cheese



Insects



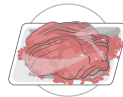
Lentils and beans

These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates

EAT SOME



Uncultured cottage cheese



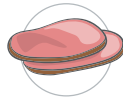
Medium-lean meats



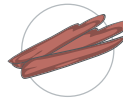
Tofu



Edamame



Canadian bacon



Meat jerky



Lamb



Minimally processed lean deli meat



Poultry sausage



Protein powders

EAT LESS



Fried meats



Chicken fingers, nuggets, and wings



High-fat meat



High-fat sausages



Processed soy



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish