



## Red Meat, Poultry & Fish Tips

### Cut down on bacon and sausage.

- Eat smaller amounts.
- Try having breakfast without meat.
- Don't add bacon to sandwiches.
- Try turkey bacon and turkey smoked sausage, but not too often—these are still high in salt (sodium).
- Use small pieces of lean ham for seasoning or in recipes calling for bacon or sausage.

### Pick healthier lunch foods.

- For sandwiches, try these instead of hot dogs, bologna, or salami:
  - sliced lean beef, ham, chicken or turkey
  - water-packed canned light tuna (low salt/sodium)
  - low-fat cheese
  - peanut butter and jelly or banana
- Try these other lunch ideas:
  - healthy leftovers
  - soups (low salt/sodium)
  - salads with oil and vinegar dressing

### **Cut down on beef or pork high in saturated fat.**

- Trim off extra fat.
- Buy lean cuts like:
  - Beef: round, sirloin, loin
  - Pork: trimmed pork chops, fresh ham, shoulder, neckbone
- Cook with olive, canola, or other vegetable oils.
- Keep servings the size of a pack of cards (3 ounces).

### **Pay attention to how you prepare hamburger.**

- Choose extra lean or lean hamburger—darker red means leaner.
- Try great-tasting ground turkey, which often has less saturated fat.
- Grill hamburger patties, or brown the meat and drain off the fat.
- Stay away from hamburgers with sauces and lots of cheese.

### **Eat more chicken and turkey.**

- Bake, broil, or barbecue chicken.
- Add a little olive oil to keep the meat moist.
- If you fry chicken, use olive, canola, or other vegetable oils.
- Eat turkey instead of beef or pork.
- Try using lean ground turkey or chicken (or lean ham) to season your vegetables.

### **Choose fish more often.**

- Try baked, broiled, or grilled fish.
- When frying fish, use olive, canola, or other vegetable oils instead of shortening or lard.
- Try some of the fish that have healthy fats, like canned light tuna, sardines, herring, canned or fresh salmon, or lake trout.
- When you eat canned tuna, choose low-salt (low sodium), light tuna packed in water.
- Some fish contain mercury, which can be harmful if eaten in large amounts. Fish with low levels of mercury include salmon, catfish, shrimp, and sardines.