

# MEAT AND POULTRY CHOICES

## LEANEST (6 g fat)

- Buffalo, elk, deer
- 7-ounce portion; add 2 additional fat servings

## LEANER (6–9 g fat)

- Breast or white-meat turkey or chicken without skin
- Pork tenderloin
- Ground turkey or other 99% lean meat
- 6-ounce portion; add 1 additional fat serving

## LEAN (> 9 g fat)

- Lean beef, beef steak, roast, and ground beef
- Lamb
- Pork chop
- Ground turkey or other 80–88% lean meat
- Dark meats: turkey or chicken (skinless)
- 5-ounce portion; no additional fat serving