

# 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.