

MEAT, POULTRY AND FISH

AHA Recommendation

- Choose fish, shellfish, poultry (chicken, Cornish hen and turkey) without the skin, and trimmed lean meats, no more than 6 ounces, cooked, per day.
- Enjoy at least 2 servings of baked or grilled fish each week.
- Choose low-sodium, low-fat seasonings such as spices, herbs and other flavorings in cooking and at the table.
- Select meat substitutes such as dried beans, peas, lentils or tofu (soybean curd) in entrees, salads or soups.

Servings and Selections

Servings per day

Serving size

No more than 6 oz. cooked 3 oz. cooked (4 oz. raw)

Lean meat, poultry or fish Lean meat, poultry or fish

Choose from:

- Fish and shellfish. Shrimp and crayfish are higher in cholesterol than most types of fish, but lower in saturated fat and total fat than most meats and poultry.
- Fish high in omega-3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.
- Chicken, Cornish hen and turkey (without skin); ground turkey.
- Lean beef (round, sirloin, chuck, loin). Buy "choice" or "select" grades of beef rather than "prime."
- Lean or extra lean ground beef (no more than 15% fat).
- Lean veal (except commercially ground).
- Lean ham, lean pork (tenderloin, loin chop). Ham and Canadian bacon are higher in sodium (salt) than other meats.
- Lean lamb (leg, arm, loin).
- Lean cuts of emu, buffalo and ostrich. These are very low in total fat, saturated fat, cholesterol and sodium.
- Wild game (rabbit, pheasant, venison, wild duck without skin). These usually have less fat than animals raised for market (duck, goose).

- Processed sandwich meats (low-fat turkey, chicken, turkey ham, turkey pastrami or lean boiled ham). Check the amount of sodium; some have 25% or more of the daily value.

Shopping and preparation tips

1. A 3-ounce cooked portion is about the size of a deck of cards. To help you judge serving sizes, a 3-ounce portion equals:
 - 1/2 of a chicken breast or a chicken leg with thigh (without skin)
 - 3/4 cup of flaked fish
 - 2 thin slices of lean roast beef (each slice 3" x 3" x 1/4")
2. Choose cuts of meat that have the least amount of visible fat and trim this visible fat off of meats. Buy "choice " or " select " grades of beef rather than "prime."
3. Instead of frying, prepare meats by baking, broiling, roasting, microwaving or stir-frying. Pour off the fat after browning.
4. Remove the skin and fat under the skin before cooking poultry pieces. (The exception is when roasting a whole chicken or turkey. Then remove the skin before carving and serving the meat.) Choose whole turkeys that have **not** been injected with fats or broths.
5. Chill meat juices after cooking, so that you can easily skim off the hardened fat. Then you can add the meat to stews, soups and gravy.
6. Look for frozen dinners and entrées that are low in saturated fat, cholesterol and sodium.
7. A one-cup serving of cooked beans, peas or lentils -- or 3 ounces of soybean curd (tofu) or peanut butter -- can replace a 3-ounce serving of meat, poultry or fish.
8. Organ meats are very high in cholesterol. However, liver is rich in iron and vitamins. A small serving (3 ounces) is OK about once a month.

Note: Adults over age 50 should get vitamin B-12 from lean meat, fortified foods or vitamin supplements to meet the recommended intake of 2.4 micrograms (mcg) of vitamin B-12 per day.