

MEAT & ALTERNATIVES

Choose lean meats, poultry without the skin, lower fat cheese and fish more often. This helps to reduce the total amount of fat you eat. “Choose more often” foods are low in saturated fat and may contain healthier sources of fat such as monounsaturated and polyunsaturated fats. Legumes (bean and lentils) are low in fat and high in fibre, but are also a source of carbohydrate.

CHOOSE MORE OFTEN

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Cheese						
Skim milk Cheese < 7% MF	2.5cm x2.5cm	30g	0	7	0-3	0
Light Cheese <20% MF (cheddar, colby, mozzarella, swiss etc.)	x5cm 1in x1in x2in	30g	0	7	0-5	0
Cottage Cheese 1-2% MF	¼ cup (60 mL)	55g	0	7	1	0
Light Feta Cheese < 20% MF	1/3 cup (75 mL)	50g	0	7	0-5	0
Parmesan, grated	2Tbsp (30 mL)	20g	0	7	5	0
Light Ricotta Cheese <20%MF	1/4 cup (60 mL)	60g	0	7	0-5	0
Eggs						
Whole egg (regular or omega-3)	1 med-large	50g	0	6	5	0
Egg substitute, liquid	45ml 1.5 fl oz	50g	0	6	2	0
Fish						
Canned, water/oil pack, drained Tuna, salmon, shellfish	1/4 cup (60 mL) 1/3 6.5oz tin	30g	0	7	1-5	0
Cod tongues, cheeks	1/3 cup (75 mL)	50g	0	7	0-3	0
Fillet or steak, fresh or frozen: Bass, boston blue, catfish, cod, flounder, grouper, haddock, halibut, mackerel, monk, mullet, orange roughy, perch, pickerel, pike, pollock, salmon, shad, shark, snapper, sole, swordfish, tilapia, trout, tuna, whitefish	Variable fillet size 1/8-1/4	30g	0	7	0-2	0
Eel	1 slice	30g	0	7	4	0
Pickled herring	3 pieces	50g	0	7	9	0

Sardines, smelts	1-2 fish 1/3 cup (75 mL)	40g	0	7	4	0
Squid, octopus	1/4 cup (60 mL)	40g	0	7	3	0
Legumes						
Chickpeas, kidney beans, lentils, navy beans, split peas – re-constituted	½ cup (125 mL)	100g	10-15	7	0-2	22-46
-dry	2 Tbsp (30 mL)	30g	10-15	7	0-2	22-46
Baked beans	½ cup (125 mL)	125g	18	7	2	57
Black beans	½ cup (125 mL)	100g	10-15	7	0-2	66
Hummus	1/3 cup (75 mL)	90g	7.5	7	9	N/a
Meat and Poultry						
Beef, chicken, emu, frog legs, game, goat, goose, ham, lamb, pheasant, pork, turkey, veal (sliced, steak-lean, boneless-chop), quail	1 slice	30g	0	7	1-5	0
Back, peameal bacon	*1-2 slices	30g	0	7	2	0
Minced or ground, lean or extra lean	2 Tbsp (30 mL)	30g	0	7	3-5	0
Prepared meats, low fat – processed luncheon meats or fresh deli meats – beef, chicken, ham, turkey, pastrami	1-3 slices	30g	0	7	1-5	0
Organ Meats						
Heart, liver, kidney – beef, veal, lamb, chicken, turkey	1 slice	30g	0	7	1-3	0
Tongue - veal	1 slice	30g	0	7	3	0
Tripe - beef	3-5 pieces	60g	0	7	2	0
Peanut butter	2 Tbsp (30 mL)	30g	4-5	7	15	N/a
Shellfish						
Clams, mussels, oysters, scallops, snails	3 medium	30g	0	7	1	0
Crab, lobster	1/4 cup (60 mL)	30g	0	7	0-1	0
Shrimp - Fresh-frozen	4-6 large or 8-10 med	30g	0	7	0-1	0

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Soybean						
*Bean curd or tofu (firm/regular)	1¾ x ¾ in (4.4 x 1.9 cm)	85g	2	7	1-4	N/a
*Bean curd or tofu (extra firm)	1½ x 1¼ in (3.8 x 3.1 cm)	50g	1-2	7	4-5	N/a
*Bean curd or tofu (soft)	2.0 x 1¾in (5 x 4.4 cm)	100g	1-3	4-7	2-4	N/a
Miso	1/4 cup (60 mL)	60g	4	7	4	N/a
Tempeh	1/4 cup (60 mL)	40g	15	7	4	N/a
Vegetarian Meat Alternatives						
Vegetarian patties, wieners,	1 slice	30g	0-3	11	0-2	N/a

CHOOSE LESS OFTEN:

Food Item	Serving Size		Available CHO (g)	PROTEIN (g)	FAT (g)	GI
Blood pudding	1 slice	50g	0	7	17	0
Regular Cheese > 21% MF Brie, Blue, Camembert, Cheddar, Colby, Goat, Gouda, Mozzarella, Swiss	2.5cm x2.5cm x5cm 1in x1in x2in	30g	0	7	5-10	0
Feta > 21% MF	1/3 cup (75 mL)	50g	0	7	5-10	0
Ricotta > 21% MF	1/4 cup (60 mL)	60g	0	7	5-10	0
Chicken Wings	2	45g	0	7	10-12	0
Chicken Strips	2	45g	5-7	7	10-12	N/a
Corned Beef	1 slice	40g	0	7	7-8	0
Ground beef, med-reg	2 Tbsp (30 mL)	30g	0	7	5-6	0
Meat spreads – liverwurst, beef, chicken	1/4 cup (60 mL)	55g	0	7	10-14	0
Pate, liver - goose	½ cup (125 mL)	55g	0	7	12-24	0
Prepared meat, regular fat Bologna, salami, pepperoni, wieners etc.	2 slices 1 wiener	55g	0	7	10-15	0
Sausage	1-2 links	40g	0	7	9-16	0
Spareribs – beef, pork	1 rib	30g	0	7	9	0
Sweetbread	1 slice	60g	0	7	6-7	0
Tongue- beef, lamb	1 slice	30g	0	7	8	0