

# Estimating the Size of Meat Servings

## Choosing Foods High in Protein

*When you make protein choices, keep the following tips in mind:*

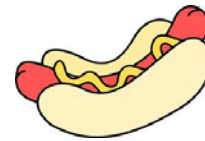
**Chicken, turkey, fish, lean red meats, and egg whites are good sources of protein.**



Dairy products, such as **milk, cheese, and yogurt** also contain protein. However, these foods can also be **high in fat, cholesterol, and phosphorus.**



**LIMIT "pink" meats** such as: **ham, bologna, hot dogs, sausage, salami,** and any **processed or canned meat.** They are **high in sodium!**



## Estimating the Size of a Protein Serving

**3oz serving of chicken or beef =**

deck of playing cards (2 ½ in x 3 ½ in x ½ in thick)



**3 oz serving of fish =** checkbook



**1 slice of lunch meat =** CD



**¼ cup chopped meat =** 1 golf ball



**1 medium egg = 1 oz**



**¼ cup egg substitute =** 1 golf ball



## Tips!

- Remove chicken skin to limit extra fat.
- Bake, broil, roast, grill, or boil meats.
- If drying foods, use nonstick cooking spray.
- Trim off all visible fat before cooking meat.
- Refrigerate soups and stews and then remove all the solid fat that collects at the top.

**\*\*Eating a variety of plant-based foods can also help meet your recommended protein goals. If you are a **vegetarian**, ask your dietitian to help you plan meals that meet your nutritional needs.**