Meat Guide
Smarter Selection & Preparation

Beef

Selecting Cuts:
- Choose "93% lean, 7% fat" ground beef
- Choose cuts graded "Choice" or "Select", instead of "Prime"
- Pick a lean or extra lean cut, such as eye of round steak, sirloin tip side steaktop round roast, bottom round roast, or top sirloin steak

Nutrition:
- Lean 3.5 oz. serving –10g total fat, 4.5g saturated fat, & 95mg cholesterol
- Extra Lean 3.5 oz. serving – 5g total fat, 2g saturated fat, & 95mg cholesterol

Poultry

Selecting Cuts:
- Choose ground poultry breast meat or pick 90% or more lean ground turkey or chicken
- Choose skinless breasts and thighs, or remove skin after cooking

Nutrition:
- Chicken Breast (white meat) 3 oz. serving – 140 calories, 3g of fat, & 1g of saturated fat
- Chicken Thigh (dark meat) 3 oz. serving – 170 calories, 9g of fat, & 3g of saturated fat
- White Turkey Meat: 3 oz. portion – 120 calories, 1g of fat, & 0g of saturated fat
- Dark Turkey Meat 3 oz. portion – 134 calories, 5g of fat, & 1.5g of saturated fat

Beef and Poultry

Preparing the Meat
- Trim off any excess visible fat
- Remove any skin – if preferred, leave on for cooking to maintain juiciness and remove before eating
- Season, or marinade meat with citrus juice, olive oil, herbs and spices
- Avoid large amounts of butter, cream or salt

Cooking Method Matters, too!
- Use low-fat cooking methods, such as grilling, baking, sautéing, broiling or roasting
- Drain fat after cooking, and blot with paper towel to soak up any leftover grease
- Make meat dishes in broth ahead of time, refrigerate in cooking dish, and skim fat off once hardened

Sources: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/food-and-nutrition/art-20048095

Contact your onsite Health Coach for more information:

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