



Choosing Lean Cuts of Meat

Serving Sizes and Nutritional Profiles of Lean Meats

3-oz cooked serving	Calories	Total fat (g)	Saturated Fat (g)
Lean Chicken			
Skinless chicken breast*	139	3.1	.9
Skinless chicken leg*	162	7.1	2.0
Skinless chicken thigh*	177	9.3	2.6
Lean Cuts of Pork			
Pork Tenderloin*	120	3.0	1.0
Pork boneless top loin chop**	173	5.2	1.8
Pork top loin roast*	147	5.3	1.6
Pork center loin chop**	153	6.2	1.8
Pork sirloin roast*	173	8.0	2.4
Pork rib chop**	158	7.1	2.2
Lean Cuts of Beef			
Beef eye of round*	141	4.0	1.5
Beef top round***	169	4.3	1.5
Beef tip round*	149	5.0	1.8
Beef top sirloin**	162	8	2.2
Beef top loin**	168	7.1	2.7
Beef tenderloin**	175	8.1	3.0
Fish			
Cod*	89	.7	.1
Flounder*	99	1.3	.3
Halibut*	119	2.5	.4
Orange Roughy*	75	.8	0.0
Salmon*	175	11.0	2.1
Shrimp**	84	.9	.2

*Roasted **Broiled ***Braised

Make it Healthy

- Remove visible fat, gristle and skin.
- Cook lean cuts of meat at lower temperatures for longer amounts of time. Homemade marinades can tenderize meats too.

Budget Tips

- Stretch ground meats by adding oats, vegetables like carrots and zucchini, or brown rice.
- Buy reduced priced meat. Use immediately or freeze for later use.
- Ask the butcher to grind a chuck roast.
- Buying leaner cuts of meat will yield more (less shrinkage).
- Buy family size packages of meat, portion, and freeze for later use.

Freezing tips:

- You can freeze meat in its original packaging if you plan to use it in the next couple of months.
- If you won't use your meat for a while, add a layer of foil, freezer wrap, or freezer paper on top of the original packaging or put the whole thing in a freezer bag. Always date your meat.