

Choose Healthier Proteins

	Try More of...	Try Less of...
Breakfast	<ul style="list-style-type: none"> •Eggs/ egg substitutes •Nut butters 	<ul style="list-style-type: none"> •Bacon
Dairy	<ul style="list-style-type: none"> •Fat free or low-fat (1%) milk/ soymilk/ cheese •Fat free or low-fat yogurt with no added sugar 	<ul style="list-style-type: none"> •Whole or 2% milk •High fat/ sugar yogurt •Regular cheese
Snacks	<ul style="list-style-type: none"> •Nuts and nut butters •Hummus •Nuts and seeds 	<ul style="list-style-type: none"> •Chips •Crackers
Quick and Easy Fix	<ul style="list-style-type: none"> •Water-packed tuna or salmon •Sliced turkey or chicken breast •Sliced extra lean ham •Nuts and seeds •Vegetarian refried beans 	<ul style="list-style-type: none"> •Highly processed lunch meats •Hotdogs •Grilled cheese sandwiches
Meals	<ul style="list-style-type: none"> •Seafood •Beans/ split peas/ lentils (cooked without fatty meats) •Lean cuts of meat •Poultry •Tofu or Tempeh 	<ul style="list-style-type: none"> •Fatty cuts of meat •Hamburger •Sausages

