



Protein Rich Foods

Meats

Lean cuts of beef, ham, lamb, pork, veal
Game meats – bison, rabbit, venison
Lean ground meats – beef, pork, lamb
Lean luncheon or deli meats
Organ meats – liver, giblets

Poultry

Chicken
Duck
Goose
Turkey
Ground chicken & turkey

Eggs

Chicken & duck eggs

Beans & Peas

Black beans
Black-eyed peas
Chickpeas (garbanzo beans)
Falafel
Kidney Beans
Lentils
Lima beans (mature)
Navy beans
Pinto beans
Soy beans
Split peas

Processed soy products –

Tofu (bean curd made from soybeans)
White beans
Bean burgers
Veggie burgers
Tempeh
Texturized Vegetable Protein (TVP)

Nuts & Seeds

Almonds
Hazelnuts (filberts)

Mixed Nuts
Peanuts
Peanut butter
Pecans
Pistachios
Pumpkin Seeds
Sesame seeds
Sunflower seeds
Walnuts

Seafood

Finfish –

Catfish
Cod
Flounder
Haddock
Halibut
Herring
Mackerel
Pollock
Porgy
Salmon
Sea Bass
Snapper
Swordfish
Trout
Tuna

Shellfish –

Clams
Crab
Crayfish
Lobster
Mussels
Octopus
Scallops
Squid (calamari)
Shrimp

Canned Fish –

Anchovies
Clams
Sardines
Tuna

Milk Products

Milk
Cheese
Yogurt