

CHOOSING LEANER PROTEINS

When you're counting carbohydrates for blood glucose control, it's easy to overlook the number of calories in the protein foods you're eating. But if you see your weight creeping up—or refusing to budge in spite of your efforts to lose weight—it's worth reviewing the serving sizes, calorie counts, and fat content of the protein sources in your diet.

FOOD	SERVING SIZE	CALORIES	PROTEIN (grams)	FAT (grams)
Dried beans and legumes				
Brown lentils	½ cup	115	9	0.4
Kidney beans	½ cup	112	8	0.4
Pinto beans	½ cup	117	7	0.4
Soybeans	½ cup	149	14	8
Firm tofu	3 ounces	100	10	6
Milk products				
Whole milk	8 ounces	150	8	8
Fat-free milk	8 ounces	86	8.4	0.4
Whole-milk plain yogurt	8 ounces	138	7.9	7.4
Fat-free plain yogurt	8 ounces	127	13	0.4
Nuts				
Mixed nuts	1 ounce	168	4.9	14
Peanut butter	2 tablespoons	190	7	17
Beef				
Brisket	3 ounces	247	22	18
Chuck, arm pot roast, select	3 ounces	221	25	12.4
Round bottom steak	3 ounces	193	26	9
Top sirloin, select	3 ounces	166	25	6.4
Top tenderloin, select	3 ounces	195	23	10.6
Pork				
Center loin	3 ounces	196	21	11
Ham, 11% fat	3 ounces	153	14.7	9
Pork loin	3 ounces	206	23	11
Tenderloin	3 ounces	159	25	5.4
Poultry				
Boneless, skinless, fat-free chicken tenders	3 ounces	120	13	0
Chicken wing	1.2 ounces	99	9	6.6
Turkey cutlets	3 ounces	119	25	1

Diabetes Self-Management, "Calories: The Key to Weight Control" by Laurie Block, M.S., R.D., C.D.E.

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