Navigating the Supermarket: Seafood & Red Meat

Use this guide to find the most nutritious choices in the supermarket.

**Seafood: Include 1-2 servings per week**

A wealth of research suggests that eating fish 1-2 times per week may reduce the risk of heart disease. Some fish are sources of lean protein. Other fish contain heart healthy omega-3 fats which may decrease triglycerides, blood pressure, irregular heart beats, and blood clots.

Lean varieties include cod, haddock, halibut, flounder, sole, red snapper, and orange roughy. Varieties rich in heart healthy omega-3 fats include salmon, tuna, herring, mackerel and trout.

Some fish contain high levels of mercury which can be harmful to young children. For this reason, women of child-bearing age, pregnant and nursing mothers, and young children should avoid or severely limit their intake of shark, swordfish, king mackerel, tilefish, and albacore tuna due to high mercury levels.

**Canned fish.** Fish and shellfish are available canned or in shelf stable pouches such as canned clams, tuna, or salmon. These choices are inexpensive and convenient but tend to be higher in sodium so read labels carefully. White albacore tuna has more mercury than canned light tuna so choose it less often, especially if you fall into one of the groups listed above. For a nice alternative to tuna, try canned wild salmon.

**Shellfish.** Shrimp, lobster, crab, crayfish, and most other shellfish are lean sources of protein. But ounce for ounce, some varieties contain more sodium and cholesterol than poultry, meat, or fish. Choose these occasionally, and they can fit into the guidelines of no more than 300 milligrams of cholesterol and no more than 2,300 milligrams of sodium per day.
Navigating the Supermarket (continued)

Red Meat: Eat sparingly, if at all
Red meat tends to be high in saturated fat and cholesterol which can increase the risk of heart disease. Diets that are high in animal fat have also been associated with certain cancers, obesity, gallstones, kidney disease, fibrocystic breast disease, and possibly type 2 diabetes. If you choose to eat red meat, such as beef and pork, choose lean cuts and eat it sparingly.

Beef. The three most common grades of beef are select, prime, and choice. Select contain the least amount of fat; prime contain the most. Choose select grades of round steak, flank steak, sirloin tip, tenderloin, and extra-lean ground beef, such as 94% lean ground beef.

Pork. Choose lean cuts of pork such as tenderloin, loin chops, rib or loin roasts, low-fat and low-sodium ham, and Canadian bacon.

Lamb. Lean cuts of lamb include the leg, leg sirloin chop, center roast, center slice, and shank. With all cuts of lamb, be sure to trim away the heavy covering of fat on the outside before cooking.

Veal. The leanest cuts of veal are leg cutlet, arm steak, sirloin steak, rib chip, loin chop, and top round.

Game. Some wild game is very lean. Venison, rabbit, squirrel, and pheasant are examples of low-fat game. Duck and goose are not.

Processed meats. Many processed meats, such as bologna, ham, and sausage, are high in sodium and should be limited. Choose lean varieties that have less than 20% daily value for sodium. Better yet, choose varieties that are also prepared without sodium nitrate, nitrite, or smoke flavoring (such as Butterball Oven Roasted Turkey, Wellshire Farms, or Applegate Farms).

Organ meats. Limit high-cholesterol organ meats, such as brains, liver, kidney, and sweetbreads.
Navigating the Supermarket (continued)

Fish and Shellfish: Which choices are best?
Here are a few examples of fish and shellfish that are good for your health and the environment. (Source: www.oceansalive.org)

- Abalone
- Anchovies
- Arctic char
- Catfish
- Caviar
- Clams
- Crab (Dungeness, snow, stone)
- Crawfish
- Halibut (Pacific/ Alaskan)
- Herring (Atlantic)
- Mackerel (Atlantic, not King)
- Mahimahi (Atlantic)
- Mussels
- Oysters
- Salmon (wild Alaskan)
- Sardines
- Scallops
- Shrimp
- Striped Bass
- Tilapia
- Tuna (light, not white albacore)

Ground Beef: How does it compare?
Before you shop for your next batch of chili or lasagna, see how different grades of ground beef compare to lean turkey and soy crumbles.

<table>
<thead>
<tr>
<th></th>
<th>80% Lean Ground Beef (1 pound)</th>
<th>95% Lean Ground Beef (1 pound)</th>
<th>99% Lean Ground Turkey (1 pound)</th>
<th>Boca Meatless Ground Burger (12 ounces)*</th>
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<tbody>
<tr>
<td>Calories</td>
<td>1235</td>
<td>876</td>
<td>484</td>
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<tr>
<td>Fat (g)</td>
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<td>Cholesterol (g)</td>
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<td>Sodium (g)</td>
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<td>385</td>
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<tr>
<td>Protein (g)</td>
<td>123</td>
<td>133</td>
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</table>

* equivalent to 1 pound of meat
How Can I Eat Healthier Sources of Meat?

Divide your plate! Eat a plant based diet. Fill ¾ of your plate with whole grains, vegetables, and fruits. The remaining ¼ can be used for beans, poultry, fish, or lean meat.

Choose lean! Choose cuts of meat with little or no marbling. Marbling is the white intramuscular fat strung throughout the meat.

Read labels! Some meat products are incredibly high in fat, saturated fat, and cholesterol. Read labels closely and choose the leanest option. Choose a variety that has no more than 20% daily value for fat, saturated fat, and cholesterol.

Trim the fat! Trim off all visible fat with a sharp knife or kitchen shears.

Limit your portion! Over the course of the day a small woman should have no more than 5 ounces of meat. A large, active man should have no more than 7 ounces. Three ounces is about the size of a deck of cards.

Extend with beans! Replace half of the ground meat in your favorite recipes with beans or vegetarian soy crumbles.

Vary your menu! Include at least 2 meatless dinners per week. This Healthy Living Guide will provide you with many recipes such as Black Bean Chili with Avocado and Corn Bread, Vegetable Paella, and Tuscan White Bean Couscous.

Choose fish instead! Enjoy fish 1-2 times per week instead of red meat. Look for upcoming recipes such as Hawaiian Salmon, Lemon Pepper Tilapia, and Salmon Burgers.