

# Healthier Meats and Meat Alternates

The following is a list of creditable options to serve in place of those shown on the reverse page. **This list is not all-inclusive**, but provides many healthy alternatives to consider.

## Fresh Lean Meat, Poultry, and Fish

ground beef- best to serve 80/20 or leaner  
(example: 93/7 = 93% beef and 7% fat)



ground beef



fresh chicken



fresh fish

## Frozen Meat, Poultry, or Fish without Bone



frozen beef crumbles

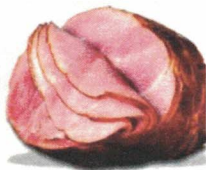


fully cooked non-breaded  
frozen chicken strips



frozen fish

## Canadian Bacon, Cured Pork, or Ham



## Canned Fish



tuna



salmon

## Lean Deli Meats (excluding bologna and salami)



turkey



ham



chicken



roast beef

## Cheese



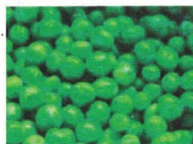
## Eggs



## Peanut Butter and Nut Butter



## Cooked Beans, Peas, or Legumes



## Yogurt (Plain or Flavored)

