



Red Meat, Poultry & Fish



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

The Center For Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

Where are we at?

- Typical American Diet:
 - More saturated fat than recommended.
 - More than the recommended amounts of protein.
 - Consumption of milk and eggs has decreased but cheese intake is increasing.
 - Consumption of meat chicken and fish continues to increase.
 - Less fiber than recommended

What is protein?

- Protein is necessary for:
 - Muscles
 - Hair, nails & skin
 - Red blood cells
 - Antibodies & immune system
 - Hormones like insulin
- Where is protein found?

Where do we need to be?

IDEAL = \leq 6oz lean protein (poultry, fish, lean red meat or meat substitute) daily
 \geq 6oz fish per week
 \leq 6oz high fat red meat 1-3 times per week

- Need to strike a balance between lean proteins, healthy fats, and whole grains

How much protein do you need?

- In general 10 – 15% of your total calories should come from protein
- Increase plant based sources of protein – WHY?

Moving Towards The Ideal

- Fish
 - Choose fatty fish such as salmon for decreased triglyceride benefit
 - Tuna in water, not oil
 - Shellfish is lower in fat, but use sparingly as high in cholesterol
- Poultry
 - White meat, no skin, >90% lean ground chicken, turkey
- Beef, pork or lamb
 - Leaner cuts such as loin, flank steak, or >90% lean ground beef
- Cheese
 - Choose lower fat cheeses w/ 3g of fat or less per serving
 - In lower fat cheeses choose extra sharp cheese for improved flavor
 - If using full fat cheese use less of it
 - Replace cheese in a sandwich with hummus

Moving Towards The Ideal

- Other Protein Sources (*Try having a meatless meal once a week*)
 - Nut butters (use sparingly, healthy fats but increased calories)
 - Soy/Tofu (plant based protein therefore no cholesterol, lower in total fat and minimal saturated fat)
 - Beans (plant based therefore low in total fat and minimal saturated fat & high in fiber)
 - Skim/1% dairy products
 - Nuts
 - Eggs (200 mg cholesterol per yolk)

Comparing Meat Based Proteins

Chicken

	w/skin		w/o skin	
Breast (6oz)	336 cal	14g fat	280 cal	6g fat
Drumstick (6oz)	368 cal	18 g fat	292 cal	10g fat
3 Wings	495 cal	33 g fat		

Fish

	Calories	Fat	Cholesterol
Cod	178	2 g	94 mg
Salmon	366	18 g (4 g Saturated)	148 mg
Tuna (Ahi)	244	2 g	102 mg
Tuna (canned, water)	232	4 g	72 mg
Scallops	150	1.5 g	56 mg
Shrimp	168	2 g	332 mg

Beef and Pork (both red meat)

Beef (6oz)

	Calories	Fat	Saturated	Cholesterol
Prime Rib	657	56 g	24 g	144 mg
Extra Lean Beef	436	28 g	10 g	142 mg
Top Round	330	14 g	4 g	140 mg

Pork (6oz)

	Calories	Fat	Saturated	Cholesterol
	518	38 g	14 g	
	282	8 g	2 g	158 mg

Comparison

Prime rib	Chicken	Fish
6 oz prime rib	6oz chicken breast	6 oz cod
38 g prot	52 g prot	38 g prot
656 cal	280 cal	178 cal
Total (7x/week) = 4597	Total (7x/week) = 1960	Total (7x/week) = 1246
		Savings of 3351 cal = 1#

Points to remember:

- Replace high fat red meat with lean meats & poultry
- Choose low fat dairy
- Eat fish at least twice a week
- Go meatless at least once a week
- Eat a variety of foods