

Choosing Healthy Meats



Red meat and poultry are excellent sources of **protein, iron and Vitamin B12**



For better heart health, **choose poultry** (such as chicken and turkey) **more often than red meat** (such as beef, pork and lamb)



A portion of meat is about **3 ounces** (about the size of a deck of cards)

If you buy your meat from the meat counter, ask the butcher to pre-portion your meat to **3 ounce servings**

Choose fresh meats that have not been processed or pre-seasoned



Processed meats (such as sausage, bacon and deli meats) are usually high in sodium



Pre-seasoned meat (such as pre-basted turkey) often include added sodium and sugar

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.