

Variedades de Carne

Carne (1 onza = 7 gramos de proteína, 0 gramos de carbohidratos, la grasa varía)

Una onza de carne es más o menos del tamaño de su dedo gordo; 3 onzas es más o menos del tamaño de una baraja de naipes. No más de 3 onzas de proteína en una comida es recomendable. *(Trate de comer carnes de esta página únicamente; desafortunadamente, esto significa nada frito.)*

Variedades de Carnes Muy Magras

(0-1g grasa/onza y 35 calorías)

- Aves de Corral:** Pollo o Pavo (carne blanca, sin piel), Gallina de Cornualles (sin piel)
- Pescado:** Bacalao fresco o congelado, platija, eglefino, hipogloso, trucha, salmón ahumado, atún fresco o enlatado en agua
- Mariscos:** Almejas, cangrejo, langosta, vieiras, camarones
- Caza:** Pato o faisán (sin piel), venado, búfalo, avestruz
- Queso:** Sin Grasa (menos de un gramo de grasa/onza), requesón de baja grasa
- Otros:** Carnes para sándwich procesada con menos de 1 gramo de grasa o menos/onza, como ser:
- Fiambres cortados finitos
 - Rodajas de carne seca, jamón de pavo
 - Claras de huevo (2)
 - Sustitutos de huevo, simple
 - Salchichas, sin grasa
 - Chorizo, sin grasa o menos de un gramo grasa/onza



Variedades de Carnes Magras

(3g grasa/onza y 55 calorías)

- Carne de Vaca:** USDA Select o grados Choice recortada de grasa como ser carne de vaca ronda, solomillo, arrachera, lomo, asado (costilla, aguja, grupa); filete (T-Bone, Bistec de solomillo, Bistec); Carne de res molida
- Cerdo:** Cerdo magro como jamón fresco, enlatado, curado, o jamón cocido, tocino Canadiense, lomo, centro de chuleta de lomo
- Cordero:** Asado, chuleta, o pierna
- Ternera:** Lean chop, roast
- Aves de Corral:** Pollo, pavo (carne oscura, sin piel), pollo (carne blanca, con piel), pato doméstico o o ganso (bien colado de grasa, sin piel)
- Pescado:** Arenque (descremado o ahumado), ostras, salmón (fresco o enlatado), bagre, sardinas (enlatadas), atún (enlatado en aceite, colado)
- Caza:** Ganso (sin piel, conejo)
- Queso:** 4.5% grasa requesón, parmesano rallado, quesos con 3 gramos de grasa o menos/onza
- Otros:** Salchichas con 3 gramos de grasa o menos por onza
Carnes para sándwich procesadas con 3 gramos de grasa o menos por onza

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Variedades de Carnes Medio en Grasas

(5 gramos de grasa/onza, 75 calorías)

Carne de Vaca: La mayoría de los productos de carne de vaca caen en esta categoría (carne molida, carne mechada, carne en conserva, costillas cortas, costilla)

Cerdo: Lomo superior, chuleta, Boston butt, chuleta

Cordero: Asado de costilla, molido

Ternera: Chuleta (molida o bistec, no empanado)

Aves de Corral: Pollo (carne oscura, con piel), pavo molido o pollo molido, pollo frito



Pescado: Cualquier producto de pescado frito

Queso: Feta, mozzarella, ricota, o cualquiera con 5 gramos de grasa o menos/onza

Otros: Huevo (alto en colesterol; limite 3/semana)
Chorizo con 5 gramos de grasa o menos/onza
Tofu (½ taza)

Variedades de Carne Alta en Grasas

(7 gramos de grasa/onza, 100 calorías)

Acuérdese que estos artículos son altos en grasas saturadas, colesterol, y calorías y pueden elevar los niveles de colesterol sanguíneo si se comen regularmente.

Cerdo: Costillares, cerdo molido, chorizo de cerdo

Queso: Todos los quesos regulares, como ser Americano, queso cheddar, Monterey Jack, Suizo

Otros: Carnes para sándwich procesadas con 8 gramos de grasa/onza, como ser salchicha de Bolonia, pan de pimiento, salame

Chorizo, como ser salchicha alemana (bratwurst), Italiana, salchicha alemana (knockwurst), Polaca, ahumada

Salchicha (1)

Tocino (3 pedazos)

Manteca de cacahuete (1 cucharada)



Meat Choices

Meat (1 ounce = 7 grams of protein, 0 grams of carbohydrate, fat varies)

One ounce of meat is about the size of your thumb; 3 ounces is the size of a deck of cards. No more than 3 ounces of protein at a meal is recommended. *(Try to eat meats from this page only; unfortunately, this means nothing fried.)*

Very Lean Meat Choices

(0-1g fat/ounce and 35 calories)

- Poultry:** Chicken or turkey (white meat, no skin), Cornish hen (no skin)
- Fish:** Fresh or frozen cod, flounder, haddock, halibut, trout, lox, tuna fresh or canned in water
- Shellfish:** Clams, crab, lobster, scallops, shrimp
- Game:** Duck or pheasant (no skin), venison, buffalo, ostrich
- Cheese:** Fat-free (less than 1 gram of fat/ounce), low fat cottage cheese
- Other:** Processed sandwich meats with less than 1 gram fat or less/ounce, such as:
- deli thin, shaved meats
 - chipped beef, turkey ham
 - Egg whites (2)
 - Egg substitutes, plain
 - Hot dogs, fat free
 - Sausage, fat free or less than 1 gram fat/ounce



Lean Meat Choices

(3g fat/ounce and 55 calories)

- Beef:** USDA Select or Choice grades trimmed of fat such as round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump); steak (T-bone, porter house, cubed); ground round
- Pork:** Lean pork such as fresh ham, canned, cured, or boiled ham, Canadian bacon, tenderloin, center loin chop
- Lamb:** Roast, chop, or leg
- Veal:** Lean chop, roast
- Poultry:** Chicken, turkey (dark meat, no skin), chicken (white meat, with skin), domestic duck or goose (well-drained of fat, no skin)
- Fish:** Herring (uncreamed or smoked), Oysters, Salmon (fresh or canned), catfish, Sardines (canned), tuna (canned in oil, drained)
- Game:** Goose (no skin, rabbit)
- Cheese:** 4.5% fat cottage cheese, grated parmesan, cheeses with 3 grams of fat or less/ounce
- Other:** Hot dogs with 3 grams of fat or less per ounce
Processed sandwich meat with 3 grams of fat or less per ounce

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Medium-Fat Meat Choices

(5 grams of fat/ounce, 75 calories)

Beef: Most beef products fall into this category (ground beef, meatloaf, corned beef, short ribs, prime rib)

Pork: Top loin, chop, Boston butt, cutlet

Lamb: Rib roast, ground

Veal: Cutlet (ground or cubed, unbreaded)

Poultry: Chicken (dark meat, with skin), ground turkey or ground chicken, fried chicken



Fish: Any fried fish product

Cheese: Feta, mozzarella, ricotta, or any with 5 grams of fat or less/ounce

Other: Egg (high in cholesterol; limit 3/week)
Sausage with 5 grams of fat or less/ounce
Tofu (½ cup)

High-Fat Meat Choices

(7 grams of fat/ounce, 100 calories)

Remember that these items are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis.

Pork: Spareribs, ground pork, pork sausage

Cheese: All regular cheeses, such as American, cheddar, Monterey Jack, Swiss

Other: Processed sandwich meats with 8 grams of fat/ounce, such as bologna, pimento loaf, salami

Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked

Hot dog (1)

Bacon (3 slices)

Peanut Butter (1 Tbsp.)

