**What is a smart choice?**
- Choose lean cuts of meat or low-fat poultry.
- Lean meats and poultry are lower in saturated fats, which raise "bad" cholesterol (LDL), increasing the risk for heart disease.
- Fish, nuts, and seeds contain healthy fats — choose them more often than meat and poultry.

**Go lean with protein**
- Protein foods can be high in saturated fat and cholesterol.
- Choose lean meats and low-fat poultry.
- Boil, bake, grill, roast, poach or boil meat and poultry instead of frying.
- Keep portions small.

**What if I’m a vegetarian?**
- Protein sources include eggs (for ovo-vegetarians), beans, nuts, nut butters, peas and soy products, such as tofu, tempeh and veggie burgers.
- Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice.
- Focus on these key nutrients: protein, iron, zinc, calcium and vitamin B12.
- Select adequate variety and amounts of these foods.

**Choose beans and peas**
- Black beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Soybeans
- Split peas
- Tofu (bean curd made from soy beans)
- White beans

**Try nuts and seeds**
- Almonds
- Cashews
- Hazelnuts
- Mixed nuts
- Peanuts
- Peanut butter
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

**Fish, nuts and seeds**
- Sources of healthy monounsaturated and polyunsaturated fats.
- Some fish (salmon, trout and herring) are high in omega-3 fatty acids.
- Omega-3 fatty acids may reduce your risk of heart disease.
- Some nuts and seeds (walnuts and flax) are excellent sources of essential fatty acids.
- Sunflower seeds, almonds and hazelnuts are good sources of vitamin E.

**Nutrients provided**
- Protein
- B vitamins
- Iron
- Zinc
- Magnesium

**Vary your protein sources**
- Eat plant proteins more often.
- Eat seafood twice a week.
- Choose beans or peas as a part of a meal.
- Choose nuts as a snack, a salad topping or an addition to main dishes.
- Replace meat or poultry with nuts or beans.
- Go easy on processed meats. They are high in sodium.