

## choose lean meats

### Chicken Breasts

Keep a bag of skinless chicken breasts in your freezer - ready for a quick meal. Chop chicken in to bite size pieces and cook in a skillet with a small amount of vegetable oil until meat is no longer pink. Season and add to your family's meal.

### Bake, Broil and Grill Meats

Marinate meats before cooking - meat will stay moist and have more flavor.

### Sandwich Meats

Buy low fat sandwich meats (turkey, ham and roast beef) instead of high fat meats (regular bologna and salami). Deli turkey is low in fat and comes in a variety of flavors - try them!

### Ground Meats

Choose ground beef, ground turkey or chicken that is at least 92% lean. After cooking ground meat, remove any extra fat before adding to a sauce, casserole or soup:

- Drain off any fat after cooking.
- Pat cooked meats with a paper towel to remove any extra fat.

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