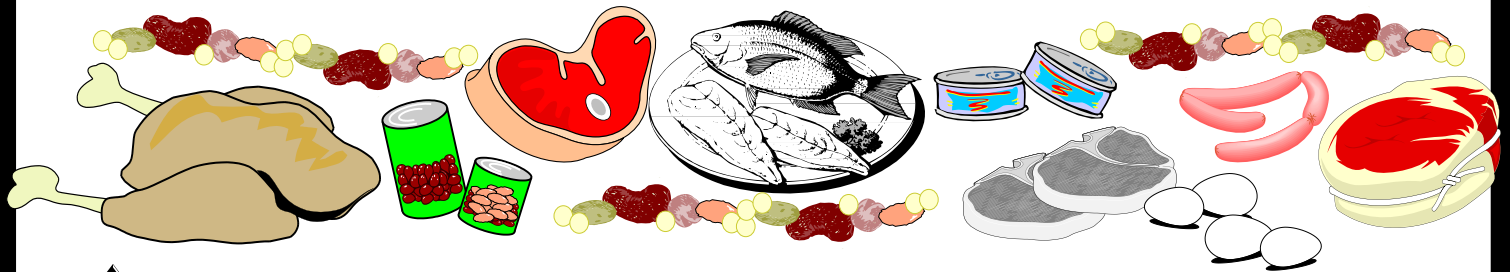


Best Buys in Meat and Alternatives



- ◆ Have meat alternatives such as beans, lentils and tofu often.
- ◆ Eat at least two Food Guide Servings of fish each week.
- ◆ Select lean meat and alternatives prepared with little or no added fat or salt.

Meat Alternatives

Save by buying...

- ✓ meat alternatives such as eggs, dry beans, lentils, dried peas and tofu.
- ✓ legumes (peas, beans, and lentils) in dry form. Canned legumes are also inexpensive and can save you time.

Tip! Legumes are low in fat and give you fibre. Add them to soups, pasta sauces and salads.

Cuts of Meat

Save by buying...

- ✓ stew meat, shoulder (pork), chuck/blade, brisket point (less tender), cross rib, sirloin tip, outside round or bottom, inside round, or organ meat.
- ✓ when meat is on sale.
- ✓ regular ground beef for recipes such as spaghetti sauce, chili con carne and shepherd's pie. Drain cooked ground beef to lower fat content.

Tips! Servings of meat should not be large. A serving of meat is 75 g, the size of a deck of cards.

Meat in bulk packages or family size may be cheaper, but always check the price per kilogram (or kg).

Poultry

Save by buying...

- ✓ whole chickens and cut them into serving size pieces yourself.
- ✓ unprocessed products. Pre-basted, pre-seasoned and pre-marinated cost more and are higher in fat and salt.

Tip! Buy poultry with skin on and bone-in as it is less expensive. Remove the skin before serving as it is high in fat. Boil the bones to make soup stock.

Fish

Save by buying...

- ✓ canned tuna, salmon and sardines. They are economical and nutritious. Compare brands for your best buy.
- ✓ frozen fish. Best buys are smelts, haddock, orange roughy, ocean perch, and Boston bluefish. Fish sticks and battered fish fillets are more expensive and higher in fat.

Tip! The bones in canned fish can be eaten and are a good source of calcium.

Cold Cuts

Save by buying...

- ✓ cold cuts sliced at the deli counter or a "no-name" product rather than a brand name package.

Tip! Deli meats (such as ham, chicken, turkey or roast beef) that are not packed in casing, are lower in fat.