



PREPARE MEATS AND MEAT ALTERNATIVES USING HEALTHY COOKING METHODS

- Prepare animal-based protein foods such as beef, poultry, pork, and seafood using healthy cooking methods like baking, roasting, broiling, steaming, and stir frying.
- Avoid deep fried and breaded meat products.
- Prioritize meats with limited added sugars, refined carbohydrates or starches, or chemical additives.
- Food service companies will offer more un-breaded whole muscle meat products like roasted chicken, grilled chicken strips, and ground meats.



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