

# Healthier Processed Meat Options



## How to eat these meats

- **Upgrade, don't restrict** → choose “uncured,” “no nitrates/nitrites added,” and “organic or grass-fed.”
- **Watch sodium** → aim for options under ~400mg per serving
- **Balance the plate** .→ pair with fiber (vegetables, whole grains) to reduce health impact
- **Frequency matters** → 2-3 times per week vs. daily

## Uncured Turkey Bacon

### Why it's better:

Lower in saturated fat than pork bacon and made without synthetic nitrates/nitrites.

### Recommended brands:

- Applegate Naturals
- Whole Foods 365

### Nutrition (per 2 slices approx.):

- Calories: 60-70
- Protein: 4-5g
- Fat: 4-5g
- Sodium: ~250-300mg

### Where to buy:

- Whole Foods Market
- Kroger

## Uncured Grass-Fed Beef Hot Dogs

### Why it's better:

No added nitrates (except naturally occurring), cleaner ingredient list, better fat quality.

### Recommended brands:

- Applegate
- Teton Waters Ranch

### Nutrition (per 1 hot dog):

- Calories: 100–130
- Protein: 6–7g
- Fat: 8–10g
- Sodium: ~300–400mg

### Where to buy:

- Trader Joe's
- Sprouts Farmers Market

## Nitrate-Free Deli Turkey or Chicken

### Why it's better:

Lean protein, lower fat, and fewer preservatives when labeled “no nitrates or nitrites added.”

### Recommended brands:

- Applegate Naturals
- True Story Foods

### Nutrition (per 2 oz):

- Calories: 60–80
- Protein: 10–12g
- Fat: 1–2g
- Sodium: ~350–450mg

### Where to buy:

- Target
- Whole Foods Market

## Chicken or Turkey Sausage | (Minimally Processed)| (Enhances metabolism)

### Why it's better:

Lower fat than pork sausage and often made with real spices instead of fillers.

### Recommended brands:

- Aidells
- Bilinski's

### Nutrition (per link):

- Calories: 140–160
- Protein: 12–14g
- Fat: 7–9g
- Sodium: ~400–500mg

### Where to buy:

- Costco
- Sprouts Farmers Market

## Nutrition Advice

“Processed meats don’t have to disappear from your life—but the quality and frequency make all the difference. When you choose cleaner ingredients and balance them with whole foods, you support your body instead of stressing it.”

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