




# a cut above

Meat is low in carbs, but that doesn't mean you should go hog wild. Calories and fat can add up fast, so choose wisely before you light the grill.

	LOW-CAL	MEDIUM-CAL	HIGH-CAL
BURGERS	 <p><b>Ground turkey breast (3 ounces cooked)</b> 115 cal., 1 g fat, 0 g carb.</p>	 <p><b>Ground beef 93% lean (3 ounces cooked)</b> 170 cal., 8 g fat, 0 g carb.</p> <p><i>Choose low-fat, low-calorie toppings.</i></p>	 <p><b>Ground beef 80% lean (3 ounces cooked)</b> 290 cal., 22 g fat, 0 g carb.</p>
STEAKS	 <p><b>Top round steak (3 ounces cooked)</b> 157 cal., 5 g fat, 0 g carb.</p>	 <p><b>Inside skirt steak (3 ounces cooked)</b> 187 cal., 10 g fat, 0 g carb.</p>	 <p><b>Rib eye steak (3 ounces cooked)</b> 210 cal., 13 g fat, 0 g carb.</p> <p><i>The marbling in a rib eye steak indicates higher fat content.</i></p>
DOGS	 <p><b>One fat-free turkey dog</b> 40 cal., 0 g fat, 4 g carb.</p> <p><i>Also look for fat-free beef hot dogs.</i></p>	 <p><b>One hot dog</b> 180 cal., 16 g fat, 3 g carb.</p>	 <p><b>One bratwurst</b> 270 cal., 22 g fat, 2 g carb. </p>