



## MEAT MARKET

The fresh-out-of-the-oven beef, chicken, pork, and turkey sold by many delis is healthier than anything processed, says Berkowitz. For example, fresh top round roast beef has about 2 to 4 grams more protein per ounce than typical lunch meat roast beef.

### 1 PROSCIUTTO

*La Quercia Prosciutto Green Label*

#### Health facts

140 calories, 18 grams (g) protein, 1,140 milligrams (mg) sodium

#### Flavor

This organic, dry-cured leg of ham has just two ingredients: pork and sea salt. Yes, it's high in sodium, but the intense flavor means you'll eat less of it.

### 2 CHICKEN

*Applegate Natural Roasted Chicken*

#### Health facts

60 calories, 10 g protein, 360 mg sodium

#### Flavor

It's made with honey instead of corn syrup for a subtle, sweet taste.

### 3 BEEF

*Boar's Head All Natural Cap-Off Top Round Oven Roasted Beef*

#### Health facts

80 calories, 14 g protein, 140 mg sodium

#### Flavor

This beef comes from cattle raised without the use of antibiotics or growth hormones.

### 4 TURKEY

*Applegate Organic Smoked Turkey Breast*

#### Health facts

50 calories, 10 g protein, 360 mg sodium

#### Flavor

These slices have a smoky flavor that's so good you'll want roll them up and eat them without bread.

### 5 HAM

*Dietz & Watson All Natural Uncured Classic Dinner*

#### Health facts

60 calories, 10 g protein, 440 mg sodium

#### Flavor

It's seasoned with sea salt and spices. Note: All nutrient data is per 2 slices.

## Q WHICH LUNCH MEATS ARE THE HEALTHIEST?

JAKE, MIDDLETON, WI

The devil is in the deli case: Gaze through the glass and you'll see three types of lunch meat: whole (slabs, such as roast beef), formed (chunks of meat cooked together, like some types of ham), and processed (meat stuffed in a casing, like salami). "Whole cuts generally have the most nutrients and fewest additives," says Valerie Berkowitz, M.S., R.D., director of nutrition at the Center for Balanced Health in New York City. Meat additives, particularly nitrates and nitrites, may be harmful. A new British review suggests that your colon cancer risk rises 24 percent for every 1.7-ounce increase in your daily intake of processed meat. Colleen Doyle, M.S., R.D., the American Cancer Society's director of nutrition and physical activities, advises eating no more than two servings a week. To be extra safe, we found tasty meats without heavy processing or added nitrates or nitrites.