

Dukan Diet Safe Food List Meat and Offal #1

Beef Steak

Things to Remember:

Lean Only

Trimmed to 0" fat

Do not fry or use any additional fat

Cook, roast or broil

Dukan Diet Safe Variations:

Fillet of Beef

Sirloin Steak

Roast Beef

Rump Steak

Bresaola / Beef Jerky – Air Dried beef

(contains tons of salt)

Nutrition Facts

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 320 g

Calories: 621

Calories from Fat: 240

Total Fat 26.6g (41%)

Saturated Fat 11.0g (55%)

Polyunsaturated Fat 1.1g

Monounsaturated Fat 10.5g

Cholesterol 176mg (59%)

Sodium 179mg (7%)

Total Carbohydrates 0.0g (0%)

Protein (89.0g)

Vitamin A 0%•Vitamin C 0%

Calcium 5% • Iron 33%

Beef Steak Good Points:

Low in sodium * No sugar * Very high in niacin * High in phosphorus * Very high in selenium * High in vitamin B6 * High in vitamin B12 * High in zinc

Beef Tongue

Beef Steak

Things to Remember:

Do not fry or use any additional fat

Cook, simmer

Nutrition Facts

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 259 g

Calories: 736

Calories from Fat: 520

Total Fat 57.8g (89%)

Saturated Fat 21.0 g (105%)

Polyunsaturated Fat 1.9 g

Monounsaturated Fat 26.2 g

Cholesterol 342mg (114 %)

Sodium 168mg (7%)

Total Carbohydrates 0.0g (0%)

Protein (50.0g)

Vitamin A 0%•Vitamin C 6%

Calcium 1% •Iron 38%

Beef Tongue Good Points:

Low in sodium * No sugar * High in vitamin B12

Dukan Diet Safe Food List Meat and Offal #2

Veal Chop

Things to Remember:

Lean Only

**Do not fry or use any additional fat
Cook, roast or broil**

Dukan Diet Safe Variations:

Boneless Veal Loin Chop
Veal Chuck Chop - Shoulder Chop
Veal Loin Chop
Boneless Veal Loin Chop
Veal Rib Chop
Double Veal Rib Chop
Veal Escalope

Nutrition Facts

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 113 g

Calories: 180

Calories from Fat: 90

Total Fat 10.0g (15%)

Saturated Fat 4.5g (22%)

Cholesterol 90mg (30%)

Sodium 95mg (4%)

Total Carbohydrates 0.0g (0%)

Protein (21.0g)

Vitamin A 0%•Vitamin C 0%

Calcium 2% • Iron 4%

Beef Steak Good Points:

Low in sodium

Poultry (Chicken & Turkey)

Things to Remember:

**Do not fry or use any additional fat
Cook, simmer, roast, pre-cook, broil**

Dukan Diet Safe Variations:

All chicken parts excluding skin or any other fatty parts (but skin in particular). Turkey is even leaner than chicken. Duck and Goose are not recommended (too much fat). The leanest part in poultry is breast.

Nutrition Facts (chicken)

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size** (1/2 breast): 86 g

Calories: 142

Calories from Fat: 28

Total Fat 3.1g (5%)

Saturated Fat 0.9 g (4%)

Polyunsaturated Fat 0.7 g

Monounsaturated Fat 1.1 g

Cholesterol 73mg (24 %)

Sodium 64mg (7%)

Total Carbohydrates 0.0g (0%)

Protein (26.7g)

Vitamin A 0%•Vitamin C 6%

Calcium 1% •Iron 5%

Chicken Breast Good Points:

Low in sodium * No sugar * Very high in niacin * High in phosphorus * Very high in selenium * High in vitamin B6

Dukan Diet Safe Food List Meat and Offal #3

Pork Ham & strange things like Reduced Fat Bacon

Things to Remember:

Lean Only

Do not fry or use any additional fat

Pre-cook

Cook, roast or broil

Very salty!

Dukan Diet Safe Variations:

All lean cured meat. Stay with those of no more than 10% fat. Pre-cook to get rid of some fat and salt.

Reduced fat Bacon (If you feel so compelled...)

Nutrition Facts

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 100 g

Calories: 149

Calories from Fat: 69

Total Fat 7.6g (12%)

Saturated Fat 1.7g (9%)

Polyunsaturated Fat 0.7 g

Monounsaturated Fat 2.9 g

Cholesterol 73mg (24%)

Sodium 1155mg (48%)

Total Carbohydrates 0.0g (0%)

Protein (18.8g)

Vitamin A 0%•Vitamin C 39%

Calcium 1% • Iron 5%

Pork Ham Good Points:

No sugar * High in niacin * High in phosphorus * Very high in selenium * Very high in thiamin * High in vitamin B12 * Very high in vitamin C

Offal, Pluck, Variety Meat, Giblets: Kidney & Calf's Liver

Things to Remember:

Do not fry or use any additional fat

Cook, simmer, roast, broil

Dukan Diet Safe Variations:

Stick to lean like calf's liver.

Very rich in vitamin A!

Nutrition Facts (Calf's liver)

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 113 g

Calories: 160

Calories from Fat: 45

Total Fat 5.0g (8%)

Saturated Fat 2.0 g (10%)

Cholesterol 380mg (127 %)

Sodium 85mg (4%)

Total Carbohydrates 3.0g (1%)

Protein (23.0g)

Vitamin A 890%•Vitamin C 2%

Calcium 0% • Iron 40%

Calf's liver Good Points:

Low in sodium * No sugar * Very high in iron * Very Very Very High in vitamin A

The best Dukan Diet website, go to: <http://thedukandiet.info/>

Dukan Diet Safe Food List Meat and Offal #4

Venison & Rabbit

Things to Remember:

Lean Only (venison is usually quite lean)

**Do not fry or use any additional fat
Cook, roast or broil**

Dukan Diet Safe Variations:

Rabbit, Hare, Wild Rabbit

Pheasant

Partridge

Grouse

Nutrition Facts (Wild Rabbit)

(% Daily Value based on a 2000 kcal diet)

Per Typical **serving size:** 299 g

Calories: 517

Calories from Fat: 94

Total Fat 10.5g (16%)

Saturated Fat 3.1g (16%)

Polyunsaturated Fat 2.0 g

Monounsaturated Fat 2.8 g

Cholesterol 368mg (123%)

Sodium 135mg (6%)

Total Carbohydrates 0.0g (0%)

Protein (98.7g)

Vitamin A 0%•Vitamin C 0%

Calcium 5% • Iron 81%

Wild Rabbit Good Points:

No sugar * Low in sodium * High in niacin * High in iron * High in phosphorus * Very high in selenium * Very High in vitamin B12