



## Protein Content of Foods

### Meat, Poultry, Eggs:

| Food (Cooked)          | Serving Size | Protein (g) |
|------------------------|--------------|-------------|
| Chicken, skinless      | 3 oz         | 28          |
| Chicken patty, grilled | 2oz          | 14          |
| Steak                  | 3 oz         | 26          |
| Hamburger              | 2oz          | 14          |
| Turkey, roasted        | 3 oz         | 25          |
| Pork                   | 3 oz         | 22          |
| Lamb                   | 3 oz         | 21          |
| Veal                   | 3oz          | 21          |
| Egg, large             | 1 egg        | 7           |

### Seafood:

| Food (Cooked) | Serving Size (oz) | Protein (g) |
|---------------|-------------------|-------------|
| Salmon        | 3                 | 22          |
| Tuna          | 3                 | 22          |
| Shrimp        | 3                 | 20          |
| Lobster       | 3                 | 16          |
| Scallops      | 3                 | 14          |

**Nuts, Seeds, Nut Butters:**

| <b>Food Examples</b>                           | <b>Serving Size</b> | <b>Protein (g)</b> |
|--|---------------------|--------------------|
| Pumpkin, Sunflower, Flax, Chia Seeds           | ¼ cup               | 7                  |
| Peanuts, Almonds, Walnuts, Pistachios, Cashews | ¼ cup               | 7                  |
| Peanut, Almond, Cashew Butter                  | 2 Tbsp              | 7                  |

**Beans, Peas, Lentils, Grains:**

| <b>Food Examples</b>                         | <b>Serving Size (cup)</b> | <b>Protein (g)</b> |
|--|---------------------------|--------------------|
| Pinto, Navy, Black, Kidney, Fava, Lima Beans | 1/2                       | 7                  |
| Lentils                                      | 1/2                       | 9                  |
| Edamame                                      | 1/2                       | 9                  |
| Chickpeas                                    | 1/2                       | 7                  |
| Hummus                                       | ⅔                         | 7                  |
| Quinoa                                       | 1/2                       | 4                  |
| Green Peas                                   | 1/2                       | 4                  |

**Dairy Products:**

| <b>Food Examples</b>    | <b>Serving Size</b> | <b>Protein (g)</b> |
|-------------------------|---------------------|--------------------|
| Milk, Skim              | 8oz                 | 8                  |
| Greek Yogurt            | ⅔ cup               | 18                 |
| Cottage Cheese (1% fat) | ½ cup               | 14                 |
| Regular Yogurt (nonfat) | 1 cup               | 11                 |
| Cheese, Shredded        | ¼ cup               | 7                  |
| Cheese, Slice           | 1 slice (⅛" thick)  | 7                  |
| String Cheese (nonfat)  | 1 piece             | 7                  |