



Protein Food Guide

High-protein food sources (10 grams or more of protein per serving)

| Food | Serving size | Grams of protein |
|--------------------------------|-------------------------|------------------|
| Meat | | |
| Beef, ground, 80% lean | 3 ounce | 20 |
| Beef, ground, 97% lean | 3 ounce | 22 |
| Beef (top round, bottom round) | 3 ounce | 24-26 |
| Beef, roast beef | 3 ounce | 23 |
| Chicken, breast | 3.5 ounce (½ breast) | 29 |
| Chicken (white, dark) | 3 ounce | 20-22 |
| Fish (fried) | 3 ounce | 15 |
| Lamb (leg) | 3 ounce | 22 |
| Sardines, with bone | 1 can (3.75 ounce) | 23 |
| Pork, tenderloin | 3 ounce | 22 |
| Crab | 3 ounce | 15 |
| Crab, Alaska | 1 leg | 22 |
| Tuna (light, in water) | 3 ounce | 21.7 |
| Turkey, (white, dark) | 3 ounce | 24-26 |
| Clams, fried | 20 small | 27 |
| Cod, Atlantic | 3 ounce | 19 |
| Haddock | 1 fillet | 30 |
| Salmon, fresh | 3 ounce | 19 |
| Pollock | 3 ounce | 21 |
| Shrimp | 3 ounce | 20 |
| Dairy | | |
| Cheese, cottage (1% milkfat) | 4 ounce | 14 |
| Cheese, mozzarella | ½ cup | 12 |
| Plant/Grains | | |
| Veggie/soy patty | 1 patty | 11 |
| Spaghetti | 1 cup | 13 |

Medium-protein food sources (4–9 grams or more of protein per serving)

| Food | Serving size | Grams of protein |
|--|-------------------------------------|------------------|
| Meat/Eggs | | |
| Egg, substitute | ¼ cup | 6 |
| Egg, whole, large | 1 large | 6 |
| Hot dog | 1 (hot dog) | 6 |
| Meat, deli sliced (ham, turkey, chicken) | 3 slices | 6-8 |
| Dairy | | |
| Cheese, American | 1 ounce | 5 |
| Ice cream, vanilla soft serve | ½ cup | 4 |
| Milk, 2% | ½ cup | 4 |
| Milk, evaporated, canned | ½ cup | 9 |
| Pudding, prepared with milk | ½ cup | 4.5 |
| Yogurt, plain, whole milk | 1 container (6 ounce) | 6 |
| Plant/Grains | | |
| Beans, kidney (canned) | ½ cup | 7 |
| Beans, baked (canned) | ½ cup | 6 |
| Lentils | ½ cup | 9 |
| Peas | ½ cup | 4 |
| Nuts, cashews, walnuts, mixed | 1 ounce | 4 |
| Nuts, peanuts, pistachios, almonds | 1 ounce | 6 |
| Seeds, sunflower | 1 ounce | 5 |
| Seeds, pumpkin | 1 ounce | 8 |
| Soybeans (edamame) | ½ cup | 9 |
| Soy, milk | 1 cup | 6 |
| Tofu, firm | ¼ cup | 9 |
| Peanut butter, chunky | 2 tbsp | 8 |
| Bagel | 1 small bagel (3½ inch diameter) | 7 |
| Roll, hamburger or hotdog | 1 roll | 4 |
| Muffin, English | 1 muffin | 4 |
| Cereal, granola | ½ cup | 6 |





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Low-protein food sources

(Less than 4 grams of protein per serving)

| Food | Serving size | Grams of protein |
|--|-------------------------|------------------|
| Dairy | | |
| Cheese, parmesan | 2 tablespoon | 3 |
| Cheese, cream | 1 tablespoon | 1 |
| Cream, light or half & half (fat free) | 2 tablespoon | 1 |
| Sour cream | ½ cup | 3 |
| Yogurt, frozen, vanilla | ½ cup | 3 |
| Plant/Grains | | |
| Beans, green/yellow snap | ½ cup | 1 |
| Beets, canned | ½ cup slices | 1 |
| Bread, pita | 1 each (large 6 ½ inch) | 5 |
| Bread, white wheat | 1 slice | 3 |
| Broccoli, cooked | ½ cup, chopped | 2 |
| Brussels sprouts | ½ cup | 1 |
| Cauliflower, chopped ½ pieces | ½ cup | 1 |

| Food | Serving size | Grams of protein |
|-------------------------|--------------|------------------|
| Cereal, raisin bran | 1 cup | 4 |
| Corn, kernel | ½ cup | 2 |
| Cream of wheat | 1 cup | 4 |
| Collard Greens | ½ cup | 3 |
| Muffin, Blueberry | 1 small | 3 |
| Mushrooms, canned | ½ cup | 1 |
| Oatmeal, dry | ⅓ cup | 4 |
| Pancake (4-inch) | 1 each | 2 |
| Peas, green, canned | ½ cup | 4 |
| Potato, baked with skin | 1 medium | 4 |
| Rice, brown | ½ cup | 3 |
| Rice, wild | ½ cup | 3 |
| Spinach, cooked | ½ cup | 3 |
| Tomato sauce | ½ cup | 2 |
| Tortilla, flour | 1 tortilla | 4 |