

Protein Content of Common Foods

MEATS, POULTRY, AND FISH		GRAMS OF PROTEIN
Beef/Turkey Jerky	1 oz dried	10-15
Beef, Chicken, Turkey, Pork, Lamb	1 oz	7
Fish, Tuna Fish	1 oz	7
Imitation Crab Meat	1 oz	3
Seafood (Crabmeat, Shrimp, Lobster)	1 oz	6
Egg	1	6
SOY AND VEGETABLE PROTEIN		
Soy milk	8 oz	7
Edamame, fresh or frozen	1/2 cup	8
Edamame, dry roasted	1 oz	13
Tofu	1 oz	3
LEGUMES AND NUTS		
Lentils	1/2 cup	9
Lima beans	1/2 cup	7
Kidney, Black, Navy, Cannellini beans	1/2 cup	8
Refried beans	1/2 cup	6
Hummus	1/3 cup	7
Chili with beans, drained	1/2 cup	10
Peanut butter	2 Tbsp	7
Nuts	1 oz (1/4cup)	4-6
Sunflower seeds	1 oz	5
Almond milk	8 oz	1

MILK AND DAIRY		GRAMS OF PROTEIN
Milk, skim or 1%	8 oz	8
High protein ultra-filtered milk, fat free or 1%	8 oz	13
Yogurt, fat free, light	6 oz	5
Greek yogurt plain, nonfat, light	5 oz	12-18
Cheese, hard (low fat)	1 oz	7
American cheese (low fat)	1 slice (0.7oz)	5
Cottage cheese, Ricotta (part skim)	1/2 cup	14
Sugar free pudding, made with milk	1/2 cup	4
GRAINS		
Bread	1 oz slice	3
Cereal	1/2 cup hot 3/4 cup cold	3
High protein cereals	3/4-1 1/2 cup	7-15
Rice, Pasta	1/3 cup	3
Quinoa	1/3 cup	6
VEGETABLES		
Fresh, frozen, canned	1/2 cup, 1 cup raw leafy greens	2
FRUIT		
Fresh or canned fruit in 100% juice	1 small, 1/2 cup	0

The amount of protein in each food listed above is an average. Protein content of foods may vary slightly depending on manufacturer. In general, 2 Tablespoons (Tbsp) or a portion of poultry, beef, pork or fish the size of 1/3 of a deck of cards would equal 1 ounce (oz) and provide about 7 grams of protein. A whole deck of cards would equal 3 ounces and provide about 21 grams of protein.

For more information, call: