



# Protein Food Guide

## High-protein food sources

(10 grams or more of protein per serving)

Food	Serving size	Grams of protein
<b>Meat</b>		
Beef, ground	3 oz	27
Beef, top round	3 oz	30
Chicken, breast	3 oz	27
Fish	3 oz	19.5 to 22.5
Lamb	3 oz	24
Lunchmeat	3 oz	9 to 12
Pork, tenderloin	3 oz	27
Shellfish/crab	3 oz	16 to 17
Tuna, canned	3 oz	21
Turkey	3 oz	24
<b>Dairy</b>		
Cheese, cottage (low-fat)	½ cup	15.5
Cheese, ricotta	½ cup	14
<b>Plant/Grains</b>		
Beans (canned) white, navy, or great northern	½ cup	9 to 10
Seeds, pumpkin	1 oz	10
Soybeans	½ cup	14
Veggie/soy patty	1 patty	11

## Moderate-protein food sources

(4–9 grams of protein per serving)

Food	Serving size	Grams of protein
<b>Meat/Eggs</b>		
Egg, substitute	¼ cup	7.5
Egg, whole, large	1 each	6
Hot dog	1 each	5
Sardines	1 oz	7
<b>Dairy</b>		
Cheese, most types	1 oz	7
Cheese, parmesan	2 tbsp	4
Ice cream	½ cup	3 to 4
Milk	½ cup	4
Milk, evaporated, canned	½ cup	4
Pudding, prepared with milk	½ cup	4.5
Yogurt	½ cup	4 to 6.5
<b>Plant/Grains</b>		
Bagel 4"	1 each	9
Beans (canned) lima, kidney, baked, garbanzo	½ cup	6 to 7
Cereal, higher protein	½ cup	4 to 6
Dried beans and peas (prepared)	½ cup	6 to 9
Lentils	½ cup	9
Muffin, English	1 each	5
Nuts, cashews, walnuts, mixed	1 oz	4 to 5
Nuts, peanuts, pistachios, almonds	1 oz	6
Peanut butter	2 tbsp	8
Roll, hamburger or hotdog	1 each	4
Seeds, sunflower	1 oz	5.5
Soy, milk	½ cup	4 to 5.5
Tofu, firm	¼ cup	5





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## Low-protein food sources

(Less than 4 grams of protein per serving)

Food	Serving size	Grams of protein
<b>Dairy</b>		
Cheese, cream	1 oz	2
Cream, light or ½ & ½	2 tbsp	1
Sour cream	½ cup	2.5
Yogurt, frozen	½ cup	3
<b>Plant/Grains</b>		
Beans, green/yellow	½ cup	1
Beets	½ cup	1.5
Bread, pita, 4"	1 each	2.5
Bread, wheat, rye, white	1 slice	2.5
Broccoli	½ cup	2
Brussels sprouts	½ cup	2
Cauliflower	½ cup	1
Cereal, bran or wheat	½ cup	2 to 3
Corn	½ cup	2 to 3

Food	Serving size	Grams of protein
Cream of wheat	½ cup	3
Greens, collard, beet, mustard, and kale	½ cup	2
Muffin	2 oz	3
Mushrooms, canned	½ cup	1.5
Oatmeal	½ cup	3
Pancake or waffle 4"	1 each	2
Peas, green, canned	½ cup	3.5
Potato, baked with skin	1 medium	3
Rice, brown, white	½ cup	2.5
Rice, wild	½ cup	3.5
Spaghetti, whole wheat	½ cup	3.5
Spinach, cooked	½ cup	3
Tomato sauce	½ cup	2
Tortilla, flour	1 each	2.5