

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size	Calories	Protein (g)
Chicken, skinless	3 oz	141	28
Steak	3 oz	158	26
Turkey, roasted	3 oz	135	25
Lamb	3 oz	172	23
Pork	3 oz	122	22
Ham	3 oz	139	14
Egg, large	1 egg	71	6

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Lobster	3	76	16
Scallops	3	75	14

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories	Protein (g)
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas	½	134	7
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Kamut	½	126	6
Lima Beans	½	105	6
Quinoa	½	111	4
Peas, Green	½	59	4
Spinach, cooked	½	41	3



Protein Content of Foods

Nuts and Seeds:

Food	Serving Size	Calories	Protein (g)
Soy Nuts	1 oz	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts	1 oz	166	7
Peanut Butter	1 Tbsp	188	7
Almonds	1 oz	163	6
Pistachios	1 oz	161	6
Flax Seeds	1 oz	140	6
Sunflower Seeds	1 oz	140	6
Chia Seeds	1 oz	138	5
Walnuts	1 oz	185	4
Cashews	1 oz	162	4

Dairy Products:

Food	Serving Size	Calories	Protein (g)
Greek Yogurt	6 oz	100	18
Cottage Cheese (1% fat)	4 oz	81	14
Regular Yogurt (nonfat)	1 cup	100	11
Milk, Skim	1 cup	86	8
Soy milk	1 cup	132	8
Mozzarella (part skim)	1 oz	72	7
String Cheese (nonfat)	1 piece (0.75 oz)	50	6

