Protein Content of Various Foods

Each choice contains approximately 7 grams of protein, unless otherwise noted:
1 ounce cooked weight of beef, pork, poultry, or fish
1 ounce cooked weight of lobster, shrimp, crab, scallops, or other shellfish
1/4 cup or 2oz canned tuna fish = 14g protein
1 ounce cheese
¼ cup cottage cheese or ricotta cheese
1 whole egg
2 egg whites
½ cup cooked beans or lentils (but not green beans)
2 tablespoons peanut butter, almond butter, sunflower seed or other nut/seed butter (but not Nutella)
1 ounce or 1/4 cup of nuts or seeds
3 ounces (~1/4 block) tofu (depends on firmness and brand)

Each choice contains about 8-10+ grams of protein:
1 cup milk – all varieties of fat content
1 cup buttermilk or kefir
1/4 cup nonfat dry milk
4oz low or nonfat Greek yogurt
1 cup yogurt (cow, goat, or sheep’s milk)
1 cup soy milk (depends on brand) = 5-10g protein

Each choice contains about 3 grams of protein:
1 slice (1 ounce) bread, ½ bagel or ½ english muffin (1oz)
¼ cup dry cereal
½ cup cooked cereal
½ cup cooked pasta or rice (~ ½ cup quinoa = 6g protein)
1 flour or corn tortilla
½ cup ice cream or frozen yogurt

Each choice contains about 2 grams of protein:
½ cup cooked vegetables; 1 medium cooked artichoke
1 cup raw vegetables (2 cups leafy greens)
2 Tbsp hummus