



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)
- ¾ 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