

Protein Handout

1 ounce of meat or skinless poultry = 7 grams of protein

1 ounce of fish = 6+ grams of protein

Chicken:

4 ounces portion of chicken is the size of a deck of cards = 28 grams of protein

Chicken breast = 30 grams of protein

Chicken thigh (average size) = 10 grams of protein

Chicken drumstick = 11 grams of protein

Chicken wing = 6 grams of protein

Turkey breast lunch meat slice 3.6 grams of protein

Beef:

Most cuts = 7 grams of protein per ounce

Hamburger patty (4 ounces or ¼ lb) = 28 grams of protein

Steak (6 ounces) = 42 grams of protein

Pork:

Pork chop (average size) = 22 grams of protein

Pork loin (4 ounces) = 28 grams of protein

Ham (3 ounces) = 19 grams of protein

Bacon (1 slice) = 3 grams of protein

Canadian bacon (1 slice) = 5 to 6 grams of protein

Fish:

Most fish fillets or steaks (3 ½ ounces) = 22 grams of protein

Shrimp (3 ounces) = 18 grams of protein

Tuna (6 ounce can) = 40 grams of protein

Eggs and Dairy:

Egg (large) = 6 grams of protein

Milk (1 cup) = 8 grams of protein

Cottage cheese (1/2 cup) = 15 grams of protein

Yogurt (1 cup) = 8 to 12 grams of protein (check label)

Greek Yogurt (e.g. Chobani's) 1 cup = 22 grams of protein

Soft cheeses = 6 grams of protein

Medium cheeses (cheddar, swiss; 1 ounce) = 7 to 8 grams of protein

Hard cheeses (parmesan; 1 ounces) = 10 grams of protein

Beans (Including Soy):

Tofu (1/2 cup) = 20 grams of protein

Tofu (1 ounce) = 2.3 grams of protein

Soy milk (1 cup) = 6 to 10 grams of protein

Most beans such as black, pinto, lentils, etc. (1/2 cup cooked) = 7 to 10 grams of protein

Soybeans (1/2 cup cooked) = 14 grams protein

Split peas (1/2 cup cooked) = 8 grams of protein

Nuts and Seeds

Peanut butter (2 tablespoons) = 8 grams of protein

Almonds (1/4 cup) = 8 grams of protein

Peanuts (1/4 cup) = 9 grams of protein
Cashews (1/4 cup) = 5 grams of protein
Pecans (1/4 cup) = 2.5 grams of protein
Sunflower seeds (1/4 cup) = 6 grams of protein
Pumpkin seeds (1/4) cup= 8 grams of protein
Flax seed (1/4 cup) = 8 grams of protein

Vegetarian

Seitan (wheat/gluten protein) 15-21 grams/3 ounces
Tofu (soy)10-19 grams/3.5 ounces
Tempeh (soy) 10-19 grams/3.5 ounces
Edamame (soy) 10-19 grams/3.5 ounces
Lentils 18 grams/cooked cup
Chickpeas 15 grams/cooked cup
Nutritional yeast 14 grams/ounce
Spelt and Teff (ancient grain) 10 grams/cooked cup
Hempseed 10 grams/ounce
Green peas 9 grams/cooked cup
Spirulina 8 grams/2 tablespoons
Amaranth and quinoa 8-9 grams/cooked cup
Ezekiel bread, sprouted, 2 slices 8 grams
Oats and oatmeal 6 grams/half cup
Chia seeds 6 grams/1.25 ounce
Nut/nut butter 5-7 grams/1 ounce