

Protein Foods

Recommended daily protein requirements:

Non-pregnant ...46g Pregnant...75-100g Nursing...65g

	Food	Quantity	Protein	Calories
MEATS	Beef-streak/burger	3 oz	24 g	220
	- liver	3 oz	24 g	230
	Lamb – chop	3 oz	20 g	300
	Pork – chop	3 oz	15 g	260
	- ham	3 oz	13 g	170
	- sausage	3 oz	10 g	290
	- bacon	2 slices	4 g	95
POULTRY	Chicken – broiled	3 oz	23 g	185
	- livers	3 oz	22 g	140
	Turkey – roasted	3 oz	24 g	265
	Eggs	1	7 g	80
SEAFOOD	Fish (most types)	3 oz	23-28 g	150-200
	- ‘sticks’	2 oz	15 g	175
	- canned tuna	3 oz	25 g	170
	Crabmeat	3 oz	14 g	90
	Shrimp	3 oz	23 g	120
	Scallops	3 oz	15 g	170
DAIRY	Milk – skim	1 cup	9 g	90
	- whole	1 cup	8 g	150
	- goat	1 cup	8 g	165
	Cheese – cheddar	1” square	7 g	70
	- cottage	½ cup	19 g	100
	- ricotta	¼ cup	7 g	90
	- cream cheese	1 oz	2 g	105
	Yogurt	1 cup	8 g	120
	Ice Cream	½ cup	3 g	150
	Frozen yogurt	½ cup	4 g	120
LEGUMES	Beans (most varieties)	1 cup	12-15 g	230
	Lentils	1 cup	10 g	140
	Lima Beans	1 cup	15 g	150

	Food	Quantity	Protein	Calories
SOY	Tofu	4 oz	9 g	90
	Soy – milk	1 cup	10 g	140
	- cheese	10 oz	6 g	70
	- beans	½ cup	17 g	150
	- flour	½ cup	20 g	230
	Tempeh (soy)	4 oz	12 g	190
NUTS & SEEDS	Peanuts	½ cup	13 g	290
	Peanut Butter	¼ cup	13 g	285
	Walnuts & Almonds	½ cup	12 g	425
	Sunflower seeds	½ cup	14 g	300
	Sesame Tahini	¼ cup	12 g	360
GRAINS	Brown Rice	1 cup	15 g	150
	Pasta (regular)	1 cup	5 g	150
	Pasta (semolina-soy)	1 cup	12 g	160
	Pancakes (buckwheat)	4 – 4”	7 g	190
	Corn-bread	1 piece	3 g	100
	- tortilla	1	1 g	50
	- popcorn	2 cups	3 g	150
	Cereal (most types)	1 cup	2-3 g	150
	- granola	½ cup	5 g	150
	- oatmeal	1 cup	5 g	150
	- 7 grain, hot	1 cup	6 g	180
	Tempeh (three grain)	4 oz	12 g	190
	Seitan (wheat gluten)	¼ cup	22 g	160
	SUPPLEMENTS	Protein Powder	1 scoopful	14 g
- with 8 oz milk			23 g	170
Nutritional Yeast		2 TBS	8 g	50