



Protein Food Guide

High-protein food sources

(10 grams or more of protein per serving)

Food	Serving size	Grams of protein
Meat		
Beef, ground, 80% lean	3 ounce	20
Beef, ground, 97% lean	3 ounce	22
Beef (top round, bottom round)	3 ounce	24-26
Beef, roast beef	3 ounce	23
Chicken, breast	3.5 ounce (½ breast)	29
Chicken (white, dark)	3 ounce	20-22
Fish (fried)	3 ounce	15
Lamb (leg)	3 ounce	22
Sardines, with bone	1 can (3.75 ounce)	23
Pork, tenderloin	3 ounce	22
Crab	3 ounce	15
Crab, Alaska	1 leg	22
Tuna (light, in water)	3 ounce	21.7
Turkey, (white, dark)	3 ounce	24-26
Clams, fried	20 small	27
Cod, Atlantic	3 ounce	19
Haddock	1 fillet	30
Salmon, fresh	3 ounce	19
Pollock	3 ounce	21
Shrimp	3 ounce	20
Dairy		
Cheese, cottage (1% milkfat)	4 ounce	14
Cheese, mozzarella	½ cup	12
Plant/Grains		
Veggie/soy patty	1 patty	11
Spaghetti	1 cup	13

Medium-protein food sources

(4–9 grams or more of protein per serving)

Food	Serving size	Grams of protein
Meat/Eggs		
Egg, substitute	¼ cup	6
Egg, whole, large	1 large	6
Hot dog	1 (hot dog)	6
Meat, deli sliced (ham, turkey, chicken)	3 slices	6-8
Dairy		
Cheese, American	1 ounce	5
Ice cream, vanilla soft serve	½ cup	4
Milk, 2%	½ cup	4
Milk, evaporated, canned	½ cup	9
Pudding, prepared with milk	½ cup	4.5
Yogurt, plain, whole milk	1 container (6 ounce)	6
Plant/Grains		
Beans, kidney (canned)	½ cup	7
Beans, baked (canned)	½ cup	6
Lentils	½ cup	9
Peas	½ cup	4
Nuts, cashews, walnuts, mixed	1 ounce	4
Nuts, peanuts, pistachios, almonds	1 ounce	6
Seeds, sunflower	1 ounce	5
Seeds, pumpkin	1 ounce	8
Soybeans (edamame)	½ cup	9
Soy, milk	1 cup	6
Tofu, firm	¼ cup	9
Peanut butter, chunky	2 tbsp	8
Bagel	1 small bagel (3½ inch diameter)	7
Roll, hamburger or hotdog	1 roll	4
Muffin, English	1 muffin	4
Cereal, granola	½ cup	6





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Low-protein food sources

(Less than 4 grams of protein per serving)

Food	Serving size	Grams of protein
Dairy		
Cheese, parmesan	2 tablespoon	3
Cheese, cream	1 tablespoon	1
Cream, light or half & half (fat free)	2 tablespoon	1
Sour cream	½ cup	3
Yogurt, frozen, vanilla	½ cup	3
Plant/Grains		
Beans, green/yellow snap	½ cup	1
Beets, canned	½ cup slices	1
Bread, pita	1 each (large 6 ½ inch)	5
Bread, white wheat	1 slice	3
Broccoli, cooked	½ cup, chopped	2
Brussels sprouts	½ cup	1
Cauliflower, chopped ½ pieces	½ cup	1

Food	Serving size	Grams of protein
Cereal, raisin bran	1 cup	4
Corn, kernel	½ cup	2
Cream of wheat	1 cup	4
Collard Greens	½ cup	3
Muffin, Blueberry	1 small	3
Mushrooms, canned	½ cup	1
Oatmeal, dry	⅓ cup	4
Pancake (4-inch)	1 each	2
Peas, green, canned	½ cup	4
Potato, baked with skin	1 medium	4
Rice, brown	½ cup	3
Rice, wild	½ cup	3
Spinach, cooked	½ cup	3
Tomato sauce	½ cup	2
Tortilla, flour	1 tortilla	4