

## Protein Content of Common Foods

<b>Legumes (cooked)</b>	<b>Portion</b>	<b>Protein (gr)</b>
Green Lentils	1/2 cup	9
Chickpeas	1/2 cup	7
Black beans	1/2 cup	8
Kidney beans	1/2 cup	8
Soy beans	1/2 cup	9
Green peas	1/2 cup	4
Pinto Beans	1/2 cup	8
Tofu	1/2 cup	14
<b>Grains</b>		
Wheat (whole)	1/2 cup	8
Quinoa	1/2 cup	4
Oats, rolled	1/2 cup	5
Rice, Brown long	1/2 cup	3
Rice, White long	1/2 cup	2
Pasta, White	1/2 cup	4
Buckwheat	1/2 cup	3
<b>Nuts/Seeds (raw)</b>		
Almonds	1/2 cup	15
Walnuts	1/2 cup	16
Pecans	1/2 cup	4
Brazil	1/2 cup	10
Cashew	1/2 cup	10
Sunflower	1/2 cup	14
Pumpkin	1/2 cup	18
Chia	1/2 cup	21
Flax	1/2 cup	16
Peanuts	1/2 cup	18
Peanut butter	2 Tbsp	8
Hazelnuts	1/2 cup	4

## Meat, Poultry, Seafood

Chicken breast	3oz	20
Chicken, dark meat	3 oz	16
Beef, ground lean	3oz	23
Beef, steak	3oz	25
Turkey	3oz	25
Pork, chop	3oz	22
Egg	1	6
Salmon	3oz	21
Tuna	3oz	25
Shrimp	3oz	20
Scallops	3oz	14

## Dairy & Substitutes

Cheese, cheddar	1 slice	7
Cheese, feta	1 oz	4
Cheese, gouda	1 slice	7
Cheese, mozzarella	1 slice	8
Cheese, cottage	1/2 cup	13
Cheese, cream	1 Tbsp	2
Milk, 1%	1/2 cup	4
Milk, soy	1/2 cup	4
Milk, almond	1/2 cup	1
Milk, coconut	1/2 cup	0.5
Yogurt, plain	1/2 cup	6
Kefir	1/2 cup	3

## Vegetables/fruit

Avocado	1	4
Pineapple	1	5
Pomegranate	1	5
Artichoke	1	7
Corn	1/2 cup	2
Potatoes with skin	1	4
Spinach	1/2 cup	3