

Protein in Foods

Below are some ideas for adding protein to your diet. These are rough estimates, check manufacturers labels for more information.

Beef

- Hamburger patty, 113 grams = 28 grams of protein
- Steak, 170 grams = 42 grams protein
- Most cuts of beef = about 25 grams of protein per each 100 grams

Chicken

- Chicken breast, 100 grams = 30 grams of protein
- Chicken thigh = 10 grams (for average size)
- Drumstick = 11 grams of protein
- Wing = 6 grams of protein
- Chicken meat, cooked, 114 grams = 35 grams of protein

Fish

- Most fish filets or steaks are about 22 grams of protein for 100 grams of cooked fish
- Tuna, 170 gram can = 40 grams of protein

Pork

- Pork chop, average = 22 grams of protein
- Pork loin or tenderloin, 114 gram = 29 grams of protein
- Ham, 85 grams = 19 grams protein
- Bacon, 1 slice = 3 grams protein

Fruits and Vegetables

- 1 avocado 10 grams for protein
- 1 cup broccoli 5 grams
- 1 cup spinach 5 grams
- 1 cup peas 9 grams
- 1 medium artichoke 4 grams
- 1 cup asparagus 5 grams
- 1 cup beet greens 3 grams

Eggs and Dairy

- Egg, large = 6 grams protein
- Egg Whites $\frac{1}{4}$ cup = 7 grams
- Milk, 1 cup = 8 grams protein
- Cottage cheese, $\frac{1}{2}$ cup = 10 grams
- Yoghurt, 1 cup = usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) = 6 grams of protein per each 28 grams
- Medium cheeses (Cheddar, Swiss) = 7-8 grams of protein per each 28 grams
- Hard cheeses (Parmesan) = 10 grams per each 28 grams

Beans

- Tofu, $\frac{1}{2}$ cup = 20 grams protein
- Tofu, 28 grams = 2.3 grams protein
- Soy milk, 1 cup = 6 -10 grams protein
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
- Soy beans, $\frac{1}{2}$ cup cooked = 14 grams protein
- Split peas, $\frac{1}{2}$ cup cooked = 8 grams protein

Nuts and Seeds

- Peanut butter, 2 Tablespoons = 8 grams protein
- Almonds, $\frac{1}{4}$ cup = 8 grams
- Peanuts, $\frac{1}{4}$ cup = 9 grams
- Cashews, $\frac{1}{4}$ cup = 5 grams
- Pecans, $\frac{1}{4}$ cup = 2.5 grams
- Sunflower seeds, $\frac{1}{4}$ cup = 6 grams
- Pumpkin seeds, $\frac{1}{4}$ cup = 19 grams
- Flax seeds, $\frac{1}{4}$ cup = 8 grams