

PROTEIN FOOD CHART

UNIT: PROTEIN (GRAM)
CALORIES (KCAL)

BEEF	SERVING	PROTEIN	CALORIES
BEEF, LEAN ROUND	3 OZ	24.9	138
BEEF, STEAK	3 OZ	23	260
BEEF, LEAN GROUND	3 OZ	21.9	230
BEEF, LEAN SIRLOIN	3 OZ	18.6	111
BEEF, DELI	1 SLICE	4.9	29
HAM, EXTRA LEAN	3 OZ	18	123

POULTRY	SERVING	PROTEIN	CALORIES
CHICKEN, SKINLESS BREAST	3 OZ	18	101
CHICKEN, SKINLESS THIGH	1 THIGH	14	110
CHICKEN, SKINLESS DRUMSTICK	1 LEG	12	75
CHICKEN, WING	1 WING	10	80
CHICKEN, DELI	1 SLICE	5	20
TURKEY, SKINLESS BREAST	3 OZ	25.5	115
TURKEY, WING	1 WING	24.9	186
TURKEY, LEAN GROUND	3 OZ	14.4	153
TURKEY, DELI	1 SLICE	3.6	22

PORK	SERVING	PROTEIN	CALORIES
PORK, LOIN	3 OZ	24.3	178
PORK, TENDERLOIN	3 OZ	24	139
PORK, LEAN GROUND	3 OZ	22	198

FISH & SEAFOOD	SERVING	PROTEIN	CALORIES
SARDINE, CANNED	1 CAN	26	220
SALMON	3 OZ	22	131
TUNA	3 OZ	22	99
RAINBOW TROUT	3 OZ	20	144
SHRIMP	3 OZ	20	101
LOBSTER	3 OZ	16	76
SCALLOP	3 OZ	14	75

EGG	SERVING	PROTEIN	CALORIES
EGG	1 EGG	6	75
EGG WHITE	1 EGG	3.6	16

PLANT PROTEIN	SERVING	PROTEIN	CALORIES
TEMPEH	3 OZ	15	167
TOFU, FIRM	3 OZ	12	107
TOFU, SOFT	3 OZ	4	47

DAIRY	SERVING	PROTEIN	CALORIES
SKIM MILK	1 CUP	8	90
MILK	1 CUP	7.8	146
SOYMILK	1 CUP	6	60
ALMOND MILK	1 CUP	1	60
OAT MILK	1 CUP	1	70

DAIRY	SERVING	PROTEIN	CALORIES
GREEK YOGURT, LOW-FAT	1 CUP	23	173
YOGURT, LOW-FAT	1 CUP	13	154
YOGURT, LOW-FAT W/ FRUIT	1 CUP	10	225
BUTTER	1 TBSP	0	36
MARGARINE	1 TBSP	0	40
MOZZARELLA, LOW-FAT	1 OZ	7	72
CHEDDAR CHEESE, LOW-FAT	1 OZ	6.8	48
FETA CHEESE	1 OZ	5	99
PARMESAN CHEESE	1 OZ	3.8	44
COTTAGE CHEESE, LOW-FAT	1 OZ	3.5	20
CREAM CHEESE, LOW-FAT	1 OZ	2.2	46

NUTS & SEEDS	SERVING	PROTEIN	CALORIES
SOY NUTS	1/4 CUP	12	120
PUMPKIN SEEDS	1/4 CUP	9	159
PEANUTS	1/4 CUP	7	166
PEANUT BUTTER	1 TBSP	7	188
ALMONDS	1/4 CUP	6.3	170
PISTACHIOS	1/4 CUP	6	161
FLAXSEEDS	1/4 CUP	6	140
SUNFLOWER SEEDS	1/4 CUP	5.5	140
CHIA SEEDS	1/4 CUP	5	138
WALNUTS	1/4 CUP	4	185
CASHEWS	1/4 CUP	4	163

LEGUMES	SERVING	PROTEIN	CALORIES
PINTO BEANS	1/2 CUP	11	197
EDAMAME	1/2 CUP	9	95
LENTILS	1/2 CUP	9	101
ADZUKI BEANS	1/2 CUP	9	147
KIDNEY BEANS	1/2 CUP	8	112
BLACK BEANS	1/2 CUP	8	114
CHICKPEAS	1/2 CUP	7	134
BLACK-EYED PEAS	1/2 CUP	7	100
FAVA BEANS	1/2 CUP	7	94
LIMA BEANS	1/2 CUP	6	105
GREEN PEAS	1/2 CUP	4	59

GRAIN	SERVING	PROTEIN	CALORIES
OATMEAL, INSTANT	1 CUP	10.8	308
QUINOA	1 CUP	8	224
WHOLE WHEAT PASTA	1 CUP	8	183
BAGEL	1	7	195
BROWN RICE	1 CUP	6	330
PITA BREAD	1	5	165
BRAN FLAKES CEREAL	1 CUP	5	185
WHITE RICE	1 CUP	4	218
WHOLE WHEAT BREAD	1 SLICE	3	86

