

## Protein Content of Foods

<b>Food</b>	<b>Amount</b>	<i>Grams of Protein</i>
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### Animal Sources:

Beef, lamb, pork or veal cooked	3 ounces (90grams)	21
Poultry, cooked	3 ounces (90 grams)	21
Bacon	1 slice	2.5
Luncheon meats	2 ounces (60 grams)	10
Eggs, large	1 egg	6
Canned fish	½ can drained (120 grams)	14
Fish and shellfish, cooked	3 ounces (90 grams)	18

### Vegetarian Sources:

Mashed potatoes (prepared without milk)	½ cup	2.5
Hashbrowns	½ cup	2.5
Lentils, beans or peas	1 cup cooked	15
Peanut butter	2 Tbsp (30 ml)	9
Tofu (regular curd)	½ cup (125 grams)	10
Soy milk	1 cup (250 ml)	7
Nuts (peanuts, walnuts, almonds, pistachios, cashews and hazelnuts)	¼ cup (1 ounce)	6
Seeds (pumpkin, sesame, sunflower and squash)	¼ cup (1 ounce)	7
Chickpeas (garbanzo beans) cooked	1 cup (250 ml)	15

### Dairy Products:

Processed cheese	1 slice	6
Cheese whiz	2 Tbsp (30 ml)	4

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Cottage cheese and ricotta	½ cup (115 grams)	14
Milk (skim, 1%, 2%, whole, or chocolate)	1 cup (250ml)	8
Pudding (made with milk)	½ cup (125ml)	4
Yogurt	¾ cup (175grams)	8
Skim milk powder	2 Tbsp (30ml)	5
Ice cream (vanilla)	½ cup	2.5

**Grain Products:**

Bread	1 slice	2
Pasta, cooked	1 cup (250 ml)	7
Rice, cooked	1 cup (250ml)	4
Bagel	1	7
Oatmeal, cooked	1 cup (250ml)	6
Cream of Wheat	1 cup (259ml)	4
Pita	1 (6 ½ inch diameter)	6
Pancake	1 medium	2
Rice noodles, cooked	1 cup	1.5

**Mixed Dishes:**

Kraft Dinner	¾ cup cooked	8
Chili with beans	14 oz can	14