

Protein Content of Common Foods

Meat, poultry, & eggs			
Food	Portion size	Protein amount (g)	Calories (kcal)
Chicken breast	75 g	25	119
Turkey, roasted	75 g	21	116
Beef, steak	75 g	20	230
Beef, lean ground	75 g	22	194
Hamburger	90 g patty	12	275
Beef jerky	20 g	7	81
Pork tenderloin	75 g	21	108
Pork, lean ground	75 g	19	175
Ham, cured	75 g	17	124
Lamb, shank	75 g	21	182
Egg	1 egg, large	6	78
Egg whites	From 1 egg, large	3	16
Seafood			
Food	Portion size	Protein amount (g)	Calories (kcal)
Salmon, baked	75 g	17	155
Salmon, pink canned	75 g	17	102
Rainbow trout	75 g	18	127
Tuna, light canned	75 g	19	87
Sardines, canned in oil and drained	106 g can	26	220
Shrimp	30 g, 6 medium	6	30

Lobster	77 g	16	75
Scallops	78 g, 6 medium	18	87
Imitation crab meat	67 g	8	68
Dairy			
Food	Portion size	Protein amount (g)	Calories (kcal)
Milk, skim	250 mL	9	88
Milk, 1%	250 mL	9	108
Milk, 2%	250 mL	9	129
Milk, whole	250 mL	8	155
Nonfat yogurt	175 mL	8	79
Greek yogurt, plain, 8-12%	175 mL	12	314
Kefir	175 mL	6	104
Sour cream, 5%	15 mL	1	21
Cottage cheese, 1%	125 mL	15	86
Cream cheese, regular	30 mL	2	103
Ricotta cheese	125 mL	15	181
Cheddar cheese	50 g	12	202
Feta	50 g	7	132
Parmesan, grated	15 mL	2	27
Plant-based foods			
Food	Portion size	Protein amount (g)	Calories (kcal)
Tofu, firm	150 g	21	189
Tofu, soft	150 g	7	83

Tempeh	150 g	27	296
Peanuts	60 mL	9	217
Walnuts	60 mL	4	166
Cashews	60 mL	5	199
Almonds	60 mL	8	208
Pistachios	60 mL	7	177
Hazelnuts	60 mL	5	215
Brazil nuts	60 mL	5	233
Pine nuts	60 mL	5	230
Sunflower seeds	60 mL	6	189
Flax seeds	30 mL	4	112
Chia seeds	30 mL	4	106
Hemp hearts	30 mL	7	118
Pumpkin seeds	60 mL	9	189
Peanut butter, natural	30 mL	7	184
Almond butter	30 mL	5	205
Tahini	30 mL	5	181
Black beans	175 mL	11	162
Red kidney beans	175 mL	10	161
Navy beans	175 mL	15	219
Soy beans	175 mL	21	220
Pinto beans	175 mL	9	153
Fava beans	175 mL	10	134
Refried beans	175 mL	10	175
Black eyed peas	175 mL	8	135

Lentils	175 mL	13	170
Lima beans	125 mL	6	100
Green peas	125 mL	4	66
Edamame	125 mL	9	100
Chickpeas	175 mL	9	211
Hummus	60 mL	4	94
Falafel	1 ball or 17 g	2	57
Quinoa	125 mL	2	70
Oats	175 mL	4	99
Cream of wheat	175 mL	2	46
Rice, white	125 mL	2	109
Rice, brown	125 mL	3	115
Barley	125 mL	2	102
Couscous	125 mL	3	93
Popcorn, airpopped	500 mL	2	65
Dry cereal, Bran Flakes	250 mL	5	185
Egg noodles	250 mL	8	225
Pasta, white	250 mL	7	209
Pasta, whole wheat	250 mL	8	183
Bread, whole wheat	1 slice	3	86
Bagel, plain	1 bagel	7	195
Naan	½ slice	7	192
Pita, white	1 pita	5	165
Tortilla, wheat	20cm tortilla	4	159

Asparagus	6 spears	2	18
Avocado	½ avocado	2	161
Beets	125 mL	2	40
Broccoli	125 mL	3	27
Brussel sprouts	4 sprouts	3	33
Spinach	125 mL	3	22
Plant-based beverages			
Food	Portion size	Protein amount (g)	Calories (kcal)
Almond milk, unsweetened	250 mL	1	40
Oat milk, unsweetened	250 mL	1	70
Soy milk, unsweetened	250 mL	7	85
Protein powders			
Food	Portion size	Protein amount (g)	Calories (kcal)
Whey protein powder	50 g, ~1 large scoop	39	176
Plant-based protein powder	50 g, ~1 large scoop	28	194