

Sources of Protein

FOOD	PORTION	CALORIES	PROTEIN GRAMS	FAT GRAMS
Almonds, raw	1/4 cup	215	9	19
Beans, baked, vegetarian	1/2 cup	130	6	0
Beans, refried, nonfat	1/2 cup	130	8	0
Beef, ground, lean, broiled	3 oz.	185	22	10
Beef roast, lean cooked	3 oz.	140	24	5
Black beans, cooked	1/2 cup	115	8	0
Boca Burger	1 patty	150	15	5
Canadian bacon	2 slices	85	11	4
Cheese, lowfat	1 oz.	50	7	2
Chicken breast, skinless, baked or grilled	3 oz.	140	27	3
Chicken thigh, skinless, baked or grilled	1 thigh	110	13	6
Chicken, canned w/ broth	1/2 can (2.5 oz)	75	16	1
Chicken, deli lunchmeat	2 oz.	60	12	1
Chickpeas, cooked	1/2 cup	100	6	1
Clams, cooked	10 small	90	14	1
Cod, baked or grilled	3 oz.	90	19	1
Cottage cheese, lowfat 1%	1/2 cup	80	14	1
Crab, canned	3 oz.	85	17	1
Egg substitute, liquid	1/4 cup	55	8	2
Egg, large, cooked without fat	1	70	6	5
Flounder, baked or grilled	3 oz.	100	21	1
Garden Burger	1 patty	110	5	3
Great Northern beans	1/2 cup	70	6	0
Halibut, baked or grilled	3 oz.	120	23	3
Kidney beans	1/2 cup	100	7	0
Lamb, cooked	3 oz.	220	21	15
Lentils, cooked	1/2 cup	115	9	0
Lima beans, cooked	1/2 cup	115	7	0
Lobster	3 oz.	80	17	1
Meatloaf	3 oz.	180	14	11
Milk, buttermilk, low fat	1/2 cup	55	5	1
Milk, nonfat	1/2 cup	40	4	0
Milk, soy unsweetened	1/2 cup	65	5	2
Morningstar Farms meatless breakfast patty	1 patty	80	10	3
Navy beans, cooked	1/2 cup	150	10	1
Orange roughy, baked or grilled	3 oz.	90	18	1
Peanut butter, natural	1 Tablespoon	100	4	8
Pinto beans, cooked	1/2 cup	110	7	1
Pork tenderloin, roasted or grilled	3 oz.	125	23	3
Ricotta cheese, lowfat	1/4 cup	60	7	3
Salmon, baked or grilled	3 oz.	195	22	11
Salmon, canned pink	3 oz.	125	16	7
Scallops, cooked	2 large	45	9	0
Sea bass, baked or grilled	3 oz.	105	20	2
Shrimp, canned	3 oz.	85	17	1
Shrimp, cooked	4 medium	85	11	1
Snapper, baked or grilled	3 oz.	110	22	1
Sole, baked or grilled	3 oz.	100	21	1
Soybeans (edamame), cooked	1/2 cup	100	10	3
Split peas, cooked	1/2 cup	115	8	0
Tempeh	1/2 cup	160	15	9
Textured vegetable protein (TVP), dry	1/4 cup	55	8	0
Tilapia, baked or grilled	3 oz.	110	22	2
Tofu, soft	1/2 cup	75	8	5
Trout, baked or grilled	3 oz.	125	19	5
Tuna, canned water pack	1/2 can (2.5 oz)	90	19	0
Turkey breast, skinless, roasted	3 oz.	75	17	1
Turkey, ground, cooked	3 oz.	180	21	11
Yogurt, Greek, plain nonfat	1/2 cup	60	11	0
Yogurt, lowfat, unsweetened	6 oz.	90	6	0

