

### Sources of Protein

Food	Quantity	Protein	Calories
<b>Beef-steak/burger</b>	3 oz	24 g	220
Liver	3 oz	24 g	230
Lamb chop	3 oz	20g	300
Pork chop	3 oz	15 g	260
Ham	3 oz	13 g	170
Sausage	3 oz	10g	290
Bacon	2 slices	4 g	95
Chicken-broiled	3 oz	23 g	185
Chicken livers	3 oz	22 g	140
Turkey-roasted	3 oz	24 g	265
Eggs	1	7 g	80
Fish (most types)	3 oz	23-28 g	150-200
Fish "sticks"	2 oz	15 g	175
Canned tuna	3 oz	25 g	170
Crabmeat	3 oz	14 g	90
Shrimp	3 oz	23 g	120
Scallops	3 oz	15 g	170
Milk-skim	1 cup	9 g	90
Milk-whole	1 cup	8 g	150
Milk-goat	1 cup	8 g	165
Cheese-cheddar	1" square	7 g	70
Cottage cheese	1/2 cup	19 g	100
Ricotta cheese	1/4 cup	7 g	90
Cream cheese	1 oz	2 g	105
Yogurt	1 cup	8 g	120
Ice cream	1/2 cup	3 g	150
Frozen yogurt	1/2 cup	4 g	120
Beans (most varieties)	1 cup	12-15 g	230
Lentils	1 cup	10 g	140
Lima beans	1 cup	15 g	150
Tofu	4 oz	9 g	90
Soy-milk	1 cup	10g	140
Soy cheese	10 oz	6 g	70
Soy beans	1/2 cup	17 g	150
Soy flour	1/2 cup	20 g	230
Tempeh (soy)	4 oz	12 g	190
Peanuts	1/2 cup	13 g	290
Peanut butter	1/4 cup	13 g	285
Walnuts & almonds	1/2 cup	12 g	425
Sunflower seeds	1/2 cup	14 g	300
Sesame tahini	1/4 cup	12 g	360
Brown rice	1 cup	15 g	150
Pasta	1 cup	5 g	150
Protein Powder	1 scoop	14 g	90
with 8 oz milk		23 g	170
Nutritional yeast	2 T	8 g	50