



USDA Protein Count in Grams for Selected Foods

FOOD ITEM	SERVING	GRAMS
Beans - baked	1 cup	12.07
Beans - black, cooked	1 cup	15.24
Beans - chickpeas (garbanzo beans), cooked	1 cup	11.88
Beans - chili con carne with beans	1 cup	15.74
Beans - cowpeas (blackeyed peas), cooked	1 cup	14.43
Beans - lima beans, canned	1 cup	11.88
Beans - refried beans, canned	1 cup	13.83
Beans - soybeans, green, cooked	1 cup	22.23
Beef - ground, 85% lean patty, broiled	3 oz.	22.04
Beef - hamburgers, cheeseburger	1 sandwich	14.77
Beef - hotdog	1 hotdog	5.06
Beef - top sirloin,	3 oz.	22.92
Bread - egg bagels	3-1/2" bagel	7.53
Bread - biscuits, plain or buttermilk	2-1/4" biscuit	1.64
Bread - cornbread	1 piece	4.36
Bread - English muffins	1 muffin	5.06
Bread - muffins, corn	1 muffin	3.70
Bread - pita	4" pita	2.55
Bread - rye	1 slice	2.72
Bread - whole wheat	1 slice	2.73
Breakfast - French toast with butter	2 slices	10.34
Breakfast - pancakes	1 pancake	1.98
Breakfast - waffles, plain, prepared from recipe	1 waffle	5.93
Cereal - Basic 4	1 cup	4.40
Cereal - Cheerios	1 cup	3.55
Cereal - Raisin Bran	1 cup	5.19
Cereal - corn grits, cooked	1 cup	3.44
Cereal - instant oatmeal/maple & brown sugar	1 packet	3.69
Cheese - cheddar	1 oz.	7.06
Cheese - cottage, lowfat (2%)	1 cup	31
Cheese - low fat, cheddar or Colby	1 oz.	6.90
Cheese - mozzarella, part skim milk	1 oz.	7.36
Dairy - ice cream	1/2 cup	2.51
Dairy - milk - 2%	4 cups	32
Dairy - milk shake	10.6 fl oz.	9.15
Dairy - yogurt, fruit, low fat	8-oz.	9.92
Dairy - yogurt, plain, low fat	8-oz.	11.92
Egg, whole, cooked	2 extra large	15
Fish - cod	3 oz.	19.51
Fish - halibut	1/2 fillet	42.44
Fish - salmon cooked	1/2 fillet	42.33
Fish - tuna salad	1 cup	32.88
Fish - shellfish, Alaska king crab	3 oz.	16.45
Fish - shellfish, shrimp	6 large	9.63