

PROTEIN SOURCES

This list is by no means exhaustive, but it's a good tool to help you familiarize yourself with protein rich foods.

Grains

All measurements grain before cooking.

Quinoa	½ c	11g
Barley	½ c	10g
Bulgur	½ c	6g
Rye flakes	½ c	11g
Millet	½ c	4g
Oats	½ c	3g
Brown Rice	½ c	3g
Wild Rice	½ c	3g

Legumes

Tofu	½ c	10g
Firm tofu	½ c	20g
Edamame	1 c	18g <i>note this is 1 c cooked</i>
Tempeh	½ c	16g
Whole beans	½ c	7g
Lentils	½ c	9g
Soy nuts	¼ c	9g
Refried Beans	¼ c	9g
Veggie burger	1 patty	5-20g content varies by brand

Beans easier to digest ~ adzuki, cannellini, pinto
more difficult ~ garbanzo, black beans

Dairy Milk Substitutes

Soy milk	1c	8g
Almond milk	1c	2g
Soy yogurt	1c	6g

Vegetables

All measurements of items below are steamed & drained.

Asparagus	1c	5g
Broccoli	1c	5g
Brussel Sprouts	1c	4g
Corn	1c	5g
Mushrooms	1c	3.5g
Mustard greens	1c	3g
Okra	1c	3g
Peas	1c	9g
Spinach	1c	6g

Animal Sources

Wild Fish	3 oz	21g
Chicken	3 oz	18-21g
Buffalo/Bison, ground	3 oz	20g
Lamb, ground	3 oz	22g
Turkey, deli meat sliced	2 sl	7g
Turkey, ground	3 oz	18g
Turkey or buffalo jerky	1 oz	11-15g

*While a great portable snack, can be high sugar & salt.

Dairy

Cottage Cheese	½ c	12g
Kefir	1c	10g <i>varies by brand</i>
Yogurt	1 c	8-14g <i>varies by brand</i>
Hard cheese	1 oz	7g <i>varies by type</i>
Cream cheese	2 Tbl	2g

Eggs

Egg, whole	1 egg	7g
Egg substitute	¼ c	7g
Egg white	1	4 g

Egg yolks are an excellent source of iron and contain beneficial nutrients for supporting physical and mental health.

Nuts & Seeds

Nuts	¼ c	8g
Seeds	2 Tbl/1oz	3g
Nut Butter	2 Tbl	8g
Seed butter	2 Tbl	5g
Chia Seeds	2 Tbls/1 oz	4-6g

Non-whole food protein sources

Protein powder	1Tbl	9-15g depending on brand
Protein bar	1 bar	10-20g depending on brand

How much protein should I eat a day? For every 20lbs of your body weight, count 8g of protein. Calculate your daily total.

How do I estimate 1 oz? 1 oz of meat is about one slice of deli meat. 1 oz of cheese is about the size of four stacked dice.

How about 3 oz? 3 oz of meat is about the size and thickness of a deck of cards

How do I visualize 1 cup? 1 cup is about the size of a small fist.

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