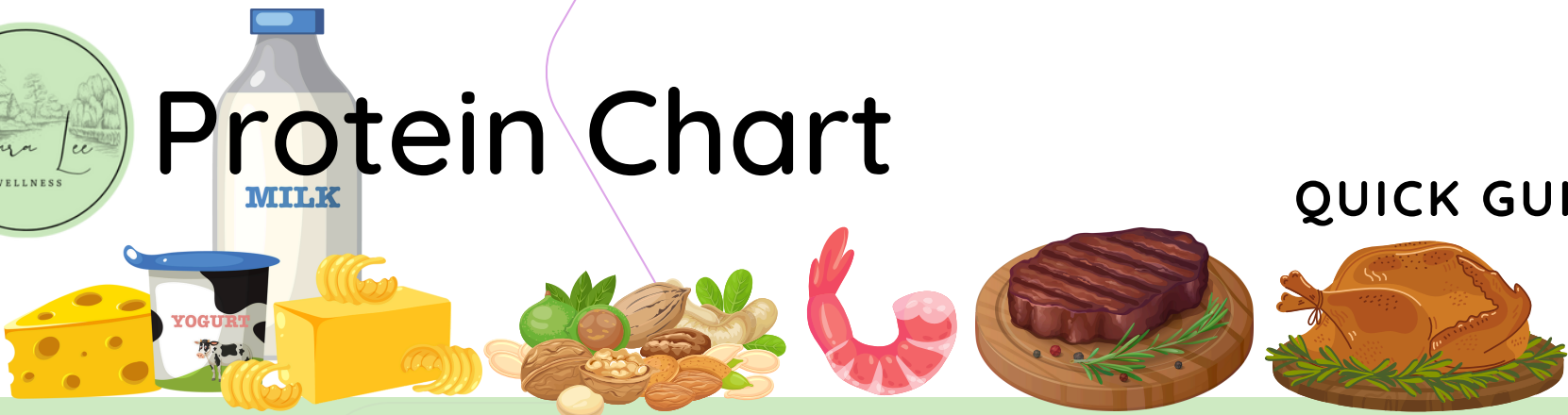




Protein Chart



QUICK GUIDE

This chart will hopefully provide a quick reference for you to be able to determine about how much protein you are getting.

This is not an exhaustive list, but includes the most common and highest protein containing foods that are important for balanced intake.

These numbers are good estimates and you can always look at packages of the foods to determine more specifically the protein content.

Weighing food is the most accurate, but since most of us aren't going to carry scales around with us I have included portion size comparisons at the end to help determine about how much a portion is.



Protein Chart

(G)= GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Steak (3oz.)	22-26g	Ham (3oz.)	20-25g
Ground Beef (3oz.)	22-25g	Pulled Pork (3oz.)	22-25g
Chuck Roast (3oz.)	22-24g	Sausage (3oz.)	15-20g
Beef Liver (3oz.)	23-25g	Chicken Breast (3oz.)	26-30g
Pork Chops (3oz.)	22-25g	Chicken Thighs (3oz.)	21g
Bacon (3oz.)	12-15g	Chicken Drumsticks (3oz.)	22g



Protein Chart

(G)=GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Chicken Wings (3oz.)	20g	Lamb Chops (3oz.)	21-23g
Ground Chicken (3oz.)	22g	Venison (3oz.)	22-25g
Turkey Breast (3oz.)	25-30g	Salmon (3oz.)	22g
Turkey Thighs (3oz.)	22g	Tuna (3oz.)	22-25g
Ground Turkey (3oz.)	22g	Cod (3oz.)	20g
Bison (3oz.)	22-24g	Tilapia (3oz.)	21g



Protein Chart

(G)=GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Bass (3oz.)	20g	Mussels (3oz.)	20g
Walleye (3oz.)	20g	Oysters (3oz.)	18g
Sardines (3oz.)	22g	Trout (3oz.)	20g
Shrimp (3oz.)	18-20g	Scallops (3oz.)	20g
Lobster (3oz.)	18g	Squid (3oz.)	20g
Crab (3oz.)	17-20g	Egg (Large)	6g



Protein Chart

(G)=GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Quinoa (1 cup cooked)	8g	Peas (1/2 cup cooked)	5g
Amaranth (1 cup cooked)	9g	Nuts per oz.: almonds (23), peanuts (28), pistachios (49)	6-7g
Oats (1 cup cooked)	6g	Nuts: cashews (18 nuts), Brazil nuts (6), walnuts (14 halves) (per oz.)	4-5g
Buckwheat (1 cup cooked)	6g	Hemp Seeds (per oz or 3 Tbsp)	10g
Lentils: Red, green, brown, black (1/2 cup cooked)	9g	Chia Seeds (per oz or 2 Tbsp)	4g
Beans: Chickpeas, black, kidney, pinto, navy, etc. (1/2 cup cooked)	7-8g	Pumpkin & Sunflower Seeds (per oz or 1/4 cup)	6-7g



Protein Chart

(G)=GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Whole Milk (1 cup)	8g	Parmesan & Swiss Cheese (1oz.)	8g
Yogurt (6oz. or 3/4 cup)	5-10g	Peanut Butter (2 Tbsp)	8g
Greek Yogurt (6oz. or 3/4 cup)	10-20g	Almond Butter (2 Tbsp)	7-8g
Cheddar, Provolone, & Colby Jack Cheese (1oz.)	7g	Cashew Butter (2 Tbsp)	5-6g
Cottage Cheese (1/2 cup)	14-20g	Sunflower Seed Butter (2 Tbsp)	7-8g
Ricotta Cheese (1/2 cup)	14g	Edamame (1 cup cooked)	17g



Protein Chart









(G)=GRAMS

FOOD	PROTEIN (G)	FOOD	PROTEIN (G)
Chomps Meat Stick	9g		
Beef Jerky (1 oz.)	9g		
Chicken Bone Broth (1 cup)	10g		



Protein Chart

PORTION SIZE GUIDE

PORTION	GUIDE	PORTION	GUIDE
 1 Cup	Baseball	 2 Tbsp	1 Golf Ball
 1/2 Cup	Lightbulb	 1 Tsp	1 Die
 1/4 Cup	2 Golf Balls		
 3 oz. Meat	Deck of Cards		
 3 oz. of Fish	Checkbook		
 1 oz.	4 Dice		