

Protein Content of Foods

*Eating more than the serving size for a moderate or low-protein food will make it a high-protein food. Foods prepared with high-protein foods will also be high in protein.

*Unless otherwise noted, all foods are cooked; meat is roasted, fish is cooked with dry heat, vegetables are cooked from fresh, and fruit is raw.

*This is a guide. Actual values may vary depending on product and/or processing. Values are rounded to the nearest 0.5 gram increment and may be averaged with similar foods in group.

High Protein (4 grams or more)		
Food	Serving	g
Bacon	2 slices	6
Bagel, 4": egg, raisin, or onion	1 each	11
Beans: lima, kidney, baked or garbanzo, canned	½ cup	5 -7
Beans: white, navy or great northern, canned	½ cup	9
Beef, ground sirloin	1 oz.	8
Beef, top round, braised	1 oz.	10
Cereal, breakfast, higher protein	½ cup	4 -6
Cheese, most types	1 oz.	7
Cheese, cottage, lowfat	½ cup	14
Cheese, parmesan	2 tbsp.	4
Cheese, ricotta	½ cup	14
Chicken breast	1 oz.	9
Dried beans and peas	½ cup	6 -9
Egg substitute	¼ cup	7.5
Egg, whole or hard boiled, large	1 each	6
Fish, fillet or steak	1 oz.	6.5-7.5
Frankfurter, beef or pork	1 each	5
Ice cream	½ cup	3 -4
Lamb	1 oz.	7
Lentils	½ cup	9
Lunch meat: ham, turkey, chicken	1 oz.	3-4
Milk, all types	1 cup	8

Milk, evaporated, canned	½ cup	9.7
Milk, nonfat dry solids	⅓cup	8
Muffin, English	1 each	5
Nuts: cashews, walnuts, mixed	1 oz.	4 -5
Nuts: peanuts, pistachios, almonds	1 oz.	6
Peanut butter	2 tbsp.	8
Pork tenderloin	1 oz.	9
Pudding, prepared w/ milk	½ cup	4.5
Roll, hamburger or hotdog	1 each	4
Sardines	1 oz.	7
Sausage, patty	1 oz.	5
Seeds, pumpkin	1 oz.	9.5
Seeds, sunflower	1 oz.	5.5
Shellfish or crab	1 oz.	5.5
Soy milk	1 cup	8 -11
Soybeans	½ cup	14
Tofu, firm	¼ cup	5
Tuna, canned, drained	1 oz.	7
Turkey	1 oz.	8
Veggie or soy patty	1 each	11
Yogurt	8 oz.	8 -13

Low Protein (3 grams or less)		
Food	Serving	g
Beans, green or yellow	½ cup	1
Beets	½ cup	1.5
Bread, pita, 4"	1 each	2.5
Bread: wheat, rye, white	1 slice	2.5
Broccoli	½ cup	2

Brussels sprouts	½ cup	2
Cauliflower	½ cup	1
Cereal, bran or wheat	½ cup	2-3
Cheese, cream	1 oz.	2
Corn	½ cup	2
Cream of wheat	½ cup	3
Cream, light or half-and-half	2 tbsp.	1
Greens: collard, beet, mustard and kale	½ cup	2
Muffin	2 oz.	3
Mushrooms, canned	½ cup	1.5
Oatmeal	½ cup	3
Pancake or waffle, 4"	1 each	2
Peas, green, canned	½ cup	3.5
Potato, baked w/ skin	1 medium	3
Rice, white or brown	½ cup	2.5
Rice, wild	½ cup	3.5
Sour cream	½ cup	2.5
Spaghetti, whole wheat	½ cup	3.5
Spinach	½ cup	3
Squash	½ cup	1.5
Tomato sauce	½ cup	2
Tortilla, flour	1 each	2.5
Yogurt, frozen	½ cup	3
Fats and oils	1 tbsp.	0
Fruit and fruit juices not previously listed	1 piece or ½ cup	<1
Vegetables and vegetable juice not previously listed	½ cup	1-2

Source: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>; accessed September 29, 2009.

Source: Nutrition Data.com: Nutrition Facts and Information, <http://www.nutritiondata.com>; accessed April 28, 2008.

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