

Protein

Protein is essential for building and repairing all the cells of the body, is necessary in biochemical reactions, and is vital to metabolism. The body uses protein on a daily basis, which must be replaced by protein in foods.

Your protein needs are approximately: _____

It is commonly recommended to distribute protein across the day with approximately 20 - 30 gm (or more) per meal. Include protein at snacks, as well.

High protein foods are meats, eggs, dairy, legumes, and nuts. Vegetables and grains contain some protein, but fruits are low in protein.

Serving size guide: An ounce (oz) is equivalent to 28 grams in weight, but not in protein content.

One oz of meat, fish, poultry, or cheese is the size of a golfball, about 2 tablespoons, 1 square inch cube, a piece of string cheese, or a medium slice.

Foods:

Protein content (grams):

Animal products:

Meat, fish, poultry (1 oz, approx 1 slice)	7
3 oz meat, fish, poultry (size of a deck of cards)	21
4 oz meat, fish, poultry	28
Eggs (1 egg or 2 egg whites)	7

Dairy products:

Milk, regular yogurt, soymilk (8 oz)	8
Fairlife milk (8 oz)	13
Cottage cheese (½ cup)	15
Greek yogurt (½ cup)	10
Cheese (1 oz, approx 1 slice)	7
Non-fat dry milk (1/3 cup)	8

Vegetarian higher sources:

Nuts (1 oz or approx 1/4 cup)	6
Peanut or other nut or seed butter (2 T)	5 - 8
Cooked dried beans or lentils, peas, tofu (½ cup)	7
Hummus (1/4 cup – 1 snack pack)	4
Veggie burger	5-15
Protein bar	10-30
Seitan, tempeh (3-4 oz or approx ½ cup)	18-20

Vegetarian lower sources:

Almond milk, rice milk (1 cup)	1
Vegetables (½ cup or 1 cup leafy)	2
Bread (1 oz, approx 1 slice)	3
Grains (½ cup cooked)	3