



Sources of Protein

Your minimum daily protein requirement, based on the USRDA for protein and your body weight (1.0 g protein per kilogram body weight per day) is:
 _____ grams (g).

Beans/Legumes – 1 cup cooked			
Kidney beans	18 g	Black beans	15 g
Adzuki beans	17 g	Garbanzo beans	14 g
Lentils	16 g	Black-eyed peas	13 g
Split peas	16 g		
Dairy, Soy & Substitute Products			
Cottage cheese, 1cup	31 g	Cheese, 1 oz	7 g
Tofu, firm, 4 oz	20 g	Soy cheese, 1 oz	6 g
Tempeh, 3 oz	16 g	Soy burger, 1 patty, 4 oz	14 g
Yogurt, low fat, 1 cup or 8 oz	10 g	Miso paste, 2 Tbsp	4 g
Soy yogurt, 1 cup or 8 oz	9 g	Cream cheese, 1 oz	3 g
Goat milk, 8 fl oz	9 g	Soy milk, 8 fl oz	6 g
Milk, skim, 8 fl oz	8 g	Rice milk, 8 fl oz	1 g
Milk, 2 %, 8 fl oz	8 g		
Grains & Grain Products – 1 cup cooked			
Quinoa	22 g	Rice	6 g
Barley	16 g	Bagel	6 g
Amaranth	14 g	Oatmeal	5 g
Millet	8 g	Bread, whole wheat, 1 slice	3 g
Meats, Seafood, & Poultry – 3 oz portions (about the size of a deck of cards that fits in the palm of your hand)			
Chicken Breast	26 g	Salmon	20 g
Turkey	25 g	Pork chop	19 g
Tuna, in water	22 g	Ham	18 g
Clams	22 g	Fish, white	17 g
Beef, lean	22 g	Crabmeat	16 g
Hamburger	21 g	Egg, 1	7 g
Nuts & Seeds – ¼ cup			
Peanuts, dry roasted	9 g	Almonds	6 g
Pumpkin seeds	9 g	Cashews	5 g
Sunflower seeds	9 g	Peanut butter, 1 Tbsp	4 g