

PROTEIN FINDER

MEAT, POULTRY & EGGS

portions are 3 oz.
fresh and cooked
unless otherwise stated



LOW PROTEIN

all values are in grams (g)

Beef, ground, 20% fat, pan broiled, 20.4
Duck, roasted, w/o skin 20.0
Egg substitute, 1/4 cup, 6.0
Egg white, 1 large, 3.5
Egg whole, 1 large, 6.2
Egg yolk, 1 large, 2.8
Veal, rib, lean, fat roasted, 20.4[†]

HIGHER PROTEIN

all values are in grams (g)

Beef, ground, 5% fat, pan broiled, 21.9
Beef, rib, lean, roasted, 23.4
Beef, round, eye, lean, roasted, 24.5
Chicken, dark meat, w/o skin, fried, 24.6
Pork leg, lean, roasted, 25.0[†]
Pork sirloin, lean, roasted, 24.5[†]
Pork, spareribs, lean, fat, braised, 24.7[†]
Turkey, dark meat, w/skin, roasted, 23.5
Turkey, light meat, w/skin, roasted, 24.5

HIGHEST PROTEIN

all values are in grams (g)

Beef, round, bottom, lean, braised, 26.9[†]
Beef, top sirloin, lean, broiled, 25.8
Chicken, white meat, w/o skin, fried, 27.9
Lamb, loin, lean, broiled, 25.5
Lamb, shoulder, lean, braised, 30.2
Pork chops, lean, broiled, 25.7[†]

SEAFOOD

portions are 3 oz.
fresh and cooked
unless otherwise stated



Clams, mixed species, raw, 10.9[†]
Crab, Alaska King, moist heat, 16.4[†]
Oyster, moist heat, 6 medium, 5.9[†]
Oyster, eastern, raw, 6 medium, 5.9
Scallop, 6 large, 14.3[†]
Tuna salad, 13.6[†]

Cod, Pacific, 19.5
Flounder, 20.5
Haddock, 20.6[†]
Lobster, northern, 17.4
Pollock, 20.0
Shrimp, moist heat, 17.8

Halibut, Atlantic, 22.7[†]
Salmon, Atlantic, wild, 21.6[†]
Swordfish, 21.6
Tuna, light, cnd. in oil, 24.8[†]
Tuna, yellowfin, 25.5[†]

DAIRY

portions as stated



Buttermilk, 1/2 cup, 4.1[†]
Cheese, blue, 1 oz., 6.1
Cheese, cheddar, 1 oz., 7.1
Cheese, cream, 1 T, 1.1
Cheese, mozzarella, part skim, 1 oz., 7.8
Cheese, parmesan, grated, 1 T, 2.1[†]
Cheese, provolone, 1 oz., 7.3
Ice cream, vanilla, 1/2 cup, 2.8
Sherbert, orange, 1 cup, 1.6
Soy milk, (dairy alternative), 4 oz., 3.4^{*}
Yogurt, plain, whole, 1 cup, 7.9[†]

Cheese, swiss, 1 oz., 8.1
Milk, 1%, 1 cup, 8.0[†]
Milk, 2%, 1 cup, 8.1[†]
Milk, condensed, sweetened, 1/2 cup, 12.0[†]
Milk, evaporated, nonfat, 1/2 cup, 9.6[†]
Milk, nonfat, 1 cup, 8.4[†]
Milk, whole, 1 cup, 8.0[†]
Yogurt, plain, low fat, 1 cup, 11.9[†]
Yogurt, plain, skim, 8 oz., 11.9[†]

Cheese, cottage, creamed, large curd, 1 cup, 26.2
Cheese, cottage, (2% fat), 1 cup, 31.1
Cheese, cottage, (1% fat), 1 cup, 28.0
Cheese, ricotta, part skim milk, 1 cup, 28.2[†]
Cheese, ricotta, whole milk, 1 cup, 28.0[†]
Milk, dry, nonfat, 1/2 cup, 21.6[†]

LEGUMES & NUTS

portions = 1/2 cup
unless otherwise stated



Beans, black, boiled, 7.6[†]
Beans, kidney, boiled, 7.7[†]
Beans, lima, 7.3^{†*}
Beans, pinto, 7.0^{†*}
Beans, refried, 6.9[†]
Chestnuts, European, boiled, 2 oz., 1.2[†]
Chickpeas, boiled, 7.2[†]
Peanut Butter, creamy, 2 T, 7.0[†]

Almonds, 2 oz., 12.0[†]
Beans, white, mature, boiled, 8.7^{†*}
Cashews, dry roasted, 2 oz., 8.6[†]
Hazelnuts, 2 oz., 8.4[†]
Lentils, ckd., 9.0^{†*}
Peas, split, 8.2^{*}
Pistachios, dry roasted, 2 oz., 11.6[†]
Walnuts, English, 2 oz., 8.6[†]

Peanuts, dry roasted, 2 oz., 13.4[†]
Peanuts, oil roasted, 19.0[†]
Pine nuts, dried, 2 oz., 13.6[†]
Soybeans, boiled, 14.3[†]

GRAINS & CEREALS

portions are 1 cup
or 1 slice
unless otherwise stated



Bread, Italian, 1 oz. slice, 2.6
Bread, oatmeal, .95 oz., 2.3[†]
Bread, wheat, .88 oz., 2.3[†]
Bread, white, .88 oz. slice, 2.1
Cereal, crispy rice, 2.0
Cereal, corn flakes, 1.8
Cereal, corn squares, 2.1
Cereal, rice squares, 1 1/4 cup, 1.9
Chestnut, plain, 3 1/4", 2.4
Rolls, dinner, 1 roll, 2.4

Biscuits, plain, 2 1/2", 4.2
Bread, French, 2.2 oz., 5.0
Bread, pita, white, 6 1/2", 5.5
Bread stuffing, from mix, 1/2 cup, 3.2
Cereal, cream of wheat, regular, 3.8
Croissants, 1 medium, 4.7
Croutons, seasoned, 4.3
English Muffin, 1 whole, 4.4
Muffin, blueberry, 1 muffin, 3.7
Oatmeal, plain instant, 5.9[†]
Rice, brown, ckd., 5.0
Rice, white, ckd., 3.5
Rolls, hot dog or hamburger, 1 roll, 3.7
Rolls, Kaiser, 1 roll, 5.6

Bagel, 4", 11.0
Bread crumbs, seasoned, 17.0
Rice, wild, ckd., 6.5
Spaghetti, enr., ckd., 6.7
Wheat flour, white, 12.9[†]
Wheat flour, whole grain, 16.4[†]

[†]Foods high in phosphorus.

^{*}Foods high in potassium.