



POWER UP WITH PROTEIN

MEAT, POULTRY, EGGS

Food	Serving Size	Protein content (grams)
Chicken	1 med thigh (163g)	29g
Canned chicken	1 can (85g)	18g
Sliced Chicken	1/2 package (50g)	10g
Roast beef	1/2 package (50g)	10g
Lamb	1 med steak (62g)	15g
Pork	1 large loin cutlet (125g)	38
Ham	85g	14
Egg	1 large egg	6

SEAFOOD

Food	Serving Size	Protein content (grams)
Salmon	85g	22
Tuna	85g	22
Shrimp	1/2c (75g)	20
Lobster	85g	16
Scallops	1/2c (118g)	21

DAIRY

Food	Serving Size	Protein content (grams)
Greek yogurt	1/2c (130g)	7.4
Cottage Cheese 1% fat	1/2c (126g)	19
Regular yogurt	1/2c (130g)	6
Milk	1 cup	8
Soy milk	1 cup	9
Mozzarella	1/4c (30g)	7
String cheese	1 piece	6
Edam cheese	1 cracker slice (7g)	2

LEGUMES, GRAINS, VEGETABLES

Food	Serving Size 1/2 cup	Protein content (grams)
Pinto Beans	1/2c	11
Adzuki Beans	1/2c	9
Lentils Edamame	1/2c	9
Black beans Red Kidney B	1/2c	8
Chickpeas Blackeyed peas	1/2c	7
Quinoa	1/2c	4
Peas	1/2c	4
Spinach (cooked)	1/2c	3

NUTS & SEEDS

Food	Serving Size	Protein content (grams)
Soy nuts	1/4c (35g)	12
Pumpkin seeds	1/4c (36g)	9
Peanuts	1/4c (35g)	10
Peanutbutter	2 TBSP	8
Almonds	1/4c (32g)	6
Pistachios	1/4c (32g)	6
Flax seeds	1/4c (44g)	6
Sunflower seeds	1/4c (12g)	3
Chia Seeds	1/4c (44g) 2 TBSP	6 3
Walnuts	1/4c (35g)	5
Cashews	1/4 c (30g)	5

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Disclaimer: This infographic is for educational purposes only. The calculated values are based on averages and individual portions may vary. Always consult a healthcare professional for personalized advice.

