

# Protein Values in Foods

This document is used as reference material to support the Alternative Health Improvement Center's Newsletter article: *Eat your Protein! Stay Healthy!* located at <http://ahicatlanta.com/articles/eat-your-protein-to-stay-healthy.html>. If you would like to sign up for our newsletter, do so by going to our web site: <http://ahicatlanta.com>.

*Note: Protein amounts are in grams unless otherwise noted.*

## BEANS

FOOD	AMOUNT	CALORIES	PROTEIN
Black beans	1/2 cup cooked	113	7.6
Garbanzo (chickpeas)	1/2 cup cooked	134	7.3
Kidney beans	1/2 cup cooked	112	7.6
Lentil beans	1/2 cup cooked	115	8.9
Lima beans	1/2 cup cooked	108	7.3
Navy beans	1/2 cup cooked	129	7.9
Soybeans (edamame)	1/2 cup cooked	127	11.1
Tofu	1/2 cup fresh	94	10.0

## DAIRY

FOOD	AMOUNT	CALORIES	PROTEIN
Cheddar cheese	1 ounce	114	7.1
Cottage cheese	1/2 cup	110	14.0
Cottage cheese, lowfat	1/2 cup	90	16.0
Egg	1 large	75	6.3
Milk, lowfat	1 cup	121	8.1
Milk, skim	1 cup	86	8.4
Muenster cheese	1 ounce	104	6.7
Swiss cheese	1 ounce	107	8.1
Yogurt, lowfat	1 cup	144	11.9
Yogurt, nonfat	1 cup	127	13.0

## FISH

FOOD	AMOUNT	CALORIES	PROTEIN
Anchovies, in water	1 ounce	37	5.8
Halibut	3 ounces	93	17.7
Mackerel	3 ounces	180	15.8
Salmon	3 ounces	121	16.9
Sardines, in water	1 can	130	22.0
Tuna, tongol	1/4 cup	70	16.0

## GRAINS

FOOD	AMOUNT	CALORIES	PROTEIN
Oatmeal, rough cut	1 cup	145	6.0
Pancake, buckwheat	1 4" diameter	54	1.8
Pancake, whole wheat	1 4" diameter	74	3.4
Popcorn, dry	1 cup	54	1.8
Rice, brown, cooked	1/2 cup	108	2.4
Rye bread	1 slice	56	2.1
Whole wheat bread	1 slice	56	2.4

## POULTRY

FOOD	AMOUNT	CALORIES	PROTEIN
Chicken breast	4 ounces	193	29.3
Chicken, light meat, no skin	4 ounces	196	35.1
Chicken, dark meat, no skin	4 ounces	232	31.0
Turkey, light meat, no skin	4 ounces	178	33.9
Turkey, dark meat, no skin	4 ounces	212	32.4

## **BEEF**

<b>FOOD</b>	<b>AMOUNT</b>	<b>CALORIES</b>	<b>PROTEIN</b>
Ground Beef, 10% fat	3 ounces	210	27
Ground Beef, 17% fat	3 ounces	230	24
Ground Beef, 27% fat	3 ounces	250	23
Most cuts of meat, no visible fat	3 ounces	150 - 200	23 - 28

## **LAMB**

<b>FOOD</b>	<b>AMOUNT</b>	<b>CALORIES</b>	<b>PROTEIN</b>
Lamb rib roast, lean	3 ounces	130	15
Lamb chops	2.8 ounces	235	22
Lamb leg roast, with fat	3 ounces	205	22

## **PORK**

<b>FOOD</b>	<b>AMOUNT</b>	<b>CALORIES</b>	<b>PROTEIN</b>
Fresh ham, lean	2.5 ounces	160	20
Pork chops, lean	3.1 ounces	335	21
Shoulder roast, lean	3 ounces	295	23
Cured bacon	3 slices	110	6

## NUTS and SEEDS

Note that only those nutrients which appear in significant quantities are listed.

FOOD	AMOUNT	CALORIES	PROTEIN
Almonds	1 ounce	163	6.02
Amaranth	100 grams	102	3.8
Barley (Pearled)	100 grams	123	3.8
Brazil Nuts	1 ounce	186	4.06
Buckwheat	100 grams	343	13.25
Cashews	1 ounce	157	5.17
Chestnuts	Ten	206	2.66
Coconut	One cup raw	283	2.66
Flax Seed	One tablespoon	55	1.88
Hazelnuts	One ounce	178	4.24
Macadamias	One ounce	204	2.24
Millet	100 grams	119	3.51
Oats	100 grams	389	16.89
Peanuts	One ounce	166	6.71
Pecans	One ounce	196	2.6
Pine Nuts / Pignolias	One ounce	191	3.88
Pistachios	One ounce	162	6.05
Pumpkin Seeds	One ounce	163	8.46
Quinoa	100 grams	120	4.4
Rice - Brown	100 grams	112	2.32
Rice - Wild	100 grams	101	3.99
Rye	100 grams	338	10.34
Sesame Seeds	One tablespoon	52	1.6

Spelt	100 grams	127	5.5
Sunflower Seeds	One ounce	165	5.48
Walnuts	1 ounce	185	4.32 mg
Wheat - Durum	100 grams	339	13.68
Wheat - Hard Red	100 grams	329	15.40
Wheat - Hard White	100 grams	342	11.31

## VEGETABLES

FOOD	AMOUNTS	CALORIES	PROTEIN
Acorn Squash	2/3 cup diced	40	1
Alfalfa Sprouts	½ cup	5	1
Artichoke	1 medium	25	2
Arugula	1 ½ cups chopped	10	1
Asparagus	5 spears	25	2
Beets	1 medium	50	1
Bell Pepper	1 medium	0	1
Bok Choy	1-1/2 cup chopped	10	1
Broccoli	1 medium stalk	45	5
Brussel Sprouts	4 sprouts	40	2
Butternut Squash	2/3 cup diced	40	1
Carrot	7 long	35	1
Cauliflower	1/6 medium	25	2
Celery	2 medium stalks	20	1
Collard Greens	2 cups chopped	25	1
Cucumber	1/3 medium	15	1
Eggplant	1 cup	20	1
Escarole	1 ½ cups chopped	15	1
Fennel	1/3 medium bulb	25	1
Green Beans	¾ cup cut	25	1
Green Cabbage	1/12 medium head	25	1
Green Onion	¼ cup chopped	10	0

Iceberg Lettuce	1/6 medium head	15	1
Jicama	1 cup sliced	45	1
Kale	1-1/2 cups chopped	50	3
Leaf Lettuce	1-1/2 cup shredded	15	1
Mushrooms	5 medium	20	3
Onion	1 medium	60	2
Potato	1 medium	100	4
Radishes	7	15	1
Rappi	1-1/2 cups chopped	20	3
Spaghetti Squash	½ cup	25	1
Spinach	1-1/2 cups shredded	40	2
Summer Squash	½ medium	20	1
Sweet Corn	1 medium ear	80	3
Sweet Potato	5" x 2"	130	2
Swiss Chard	2 cups chopped	15	1
Tomato	1 medium	35	1