



<b>Food</b>	<b>Amount</b>	<b>Protein Content (grams)</b>
Soybeans (cooked)	1/2 cup	14 grams
Soy milk	1 cup	6-10 grams
Tofu	1/2 cup	20 grams
Kidney beans (boiled)	1/2 cup	7.5 grams
Lentil beans	1/2 cup	9 grams
Lima beans	1/2 cup	7.5 grams
Navy beans (boiled)	1/2 cup	7.5 grams
Garbanzo beans	1/2 cup	20 grams
Black beans	1/2 cup	21 grams
Pinto beans (raw)	1/2 cup	20 grams
Refried beans	1 cup	13 grams
Green beans	1 cup	2.5 grams
Peanut Butter	2 tbsp	8 grams
Almonds	1/4 cup	8 grams
Peanuts	1/4 cup	9 grams
Cashews	1/4 cup	5 grams
Pecans	1/4 cup	2.5 grams
Sunflower seeds	1/4 cup	6 grams
Flax Seeds	1/4 cup	8 grams
Popcorn	1 cup	1 grams
Brown Rice (cooked)	1 cup	5 grams
Rye Bread	1 slice	2 grams
Whole Wheat Bread	1 slice	2.5 grams
Oatmeal	1 cup	6 grams
Quinoa	1 cup	9 grams
Large Egg	1	6 grams
Milk (skim)	1 cup	8 grams
Cottage Cheese	1/2 cup	15 grams
Greek Yogurt	6 ounces	17 grams
Yogurt	6 ounces	7 grams
Soft Cheeses (Mozzerella, Brie, Camembert)	1 ounce	6 grams
Medium Cheeses (Cheddar, Muenster, Swiss)	1 ounce	7-8 grams
Hard Cheeses (parmesan)	1 ounce	10 grams
Salmon	3 ounces	19 grams
Mahi Mahi	3 ounces	16 grams
Snapper	3 ounces	22 grams
Tuna	3 ounces	25 grams
Halibut	3 ounces	19 grams

Anchovies	1 can	13 grams
Sardines	3 ounces	21 grams
Lobster	3 ounces	16 grams
Imitation crab	3 ounces	6 grams
Shrimp	3 ounces	17 grams

80% ground beef	3 ounces	22 grams
90% ground beef	3 ounces	23 grams
Round steak	3 ounces	29 grams
Brisket	4 ounces	20 grams
Sirloin steak	4 ounces	24 grams
Venison	3 ounces	22 grams
Chicken breast	4 ounces	21 grams
Duck- cooked	3.5 ounces	19 grams
Ostrich	3.5 ounces	22 grams
Turkey	4 ounces	32 grams
Pork Roast	3 ounces	23 grams
Ham	3 ounces	19 grams
Tuna	1/2 cup	32 grams
Bison	4 ounces	24.5 grams