

NUTRITION

GOOD PROTEIN SOURCES

The following lists are designed to help you get the protein you need from foods. How much protein you need depends on many factors. Ask your dietician for further information.

Your protein requirement is approximately _____ grams of per day.

Note: 3-4 ounces cooked = approximately the size of a deck of cards

Food	Amount	Grams of Protein
Meats and Alternatives		
Meat, poultry, fish	4 ounces	28
Canned Salmon, tuna	4 ounces	14
Shellfish	4 ounces	14
Egg	1 egg	7
Tofu	4 ounces	7
Hotdog	1 weiner	10
Lunch meats	2 ounces	14
Nuts and seeds	1 ounces	6
Peanut butter	1 tbsp	4
Mild and Alternatives		
Whole, 2%, 1%, skim, chocolate milk	1 cup (250 mL)	8
Soy milk	1 cup (250 mL)	7
Skim milk powder	2 tbsp	5
Hard cheese (e.g. cheddar)	1 ounce (30 grams)	7
Ricotta	1 cup (250 mL)	14
Cottage cheese (2%)	½ cup (125 mL)	16
Grated parmesan	2 tbsp	7
Swiss, Mozzarella, Blue	1 ounce	7
Processed cheese	1 slice	6
Cheese whiz	1 tbsp	1
Cream cheese	1 tbsp	1
Yogurt	8 ounces	8
Pudding	½ cup (125 mL)	3
Average milkshake	1 cup (250 mL)	8-10
Ice cream	½ cup (125 mL)	3
Frozen yogurt	1 cup (250 mL)	9
Grain Products and Baked Goods		
Pasta	1 cup (250 mL)	6
Rice	1 cup (250 mL)	9
Cooked cereals, grains	½ cup (125 mL)	3
Puffed cereals	1 cup	2
Bagel, English muffin, bun	1 each	6
Bread	1 slice	3
Corn bread	4 ounces	6

Saltine or similar crackers	6	3
Vegetables		
Potatoes	??	??
Corn, peas, lima beans	½ cup(125 mL)	3
Cooked dried beans and lentils	1/3 cup (83 mL)	3
Raw green vegetables and salads	1 cup (250 mL)	2
Cooked green vegetables and salads	½ cup (125 mL)	2
Tomato	1 large	2
Tomato or vegetable juice	1 cup (250 mL)	2
Broccoli, cauliflower, carrots	??	??
Fruit	--	0
Combination Dishes		
Pizza	¼ of 10 inch pizza	13
Casserole, chilli	1 cup (250 mL)	20
Macaroni and cheese	1 cup	13
Spaghetti and meatballs	1 cup	13
Soup: bean or chunky	1 can	3
Liquid Nutritional Supplements		
Ensure, resource fruit drink	8 ounces	9
Boost, Glucerna	8 ounces	10
Breakfast Anytime	1 package + 1 cup skim milk	12
Ensure High Protein	8 ounces	12
Ensure Plus, Equate Plus	8 ounces	13
Resource Plus	8 ounces	13
Boost Plus	8 ounces	14
Slim Fast Bar	1 bar	13
Power Bar	1 bar	9



This document was developed by Chris Fraser, registered dietician, from the Parkwood Institute, St. Joseph Health Care, London, Ontario.

