



Protein Cheat Sheet

PROTEIN SOURCE	PROTEIN CONTENT
BEEF	
Most cuts of beef, 1 oz.	7 g
Hamburger patty, 4 oz.	28 g
Steak, 6 oz.	42 g
POULTRY	
Chicken breast, 3.5 oz.	30 g
Chicken thigh	10 g (for average size)
Drumstick	11 g
Wing	6 g
Turkey, 1 oz.	7 g
FISH	
Most fish fillets or steaks	21 g for 3 ½ oz. of cooked fish, or 6 g per oz.
Tuna, 6 oz. can	40 g
PORK	
Pork chop, average	22 g
Pork loin or tenderloin, 4 oz.	29 g
Ham, 3 oz. serving	19 g
Ground pork, 3 oz. cooked	22 g
Bacon, 1 slice	3 g
Canadian-style bacon (back bacon), slice	5-6 g
EGGS + DAIRY	
Egg, large	6 g
Milk, 1 cup	8 g
Cottage cheese, ½ cup	15 g
Yogurt, 1 cup	8-12 g (check label)
Soft cheese (Mozzarella, Brie, Camembert), 1 oz.	6 g
Medium cheese (Cheddar, Swiss), 1 oz.	7-8 g
Hard cheese (Parmesan), 1 oz.	10 g
BEANS + LEGUMES	
Tofu, 1 oz.	2.3 g
Soy milk, 1 cup	6-10 g
Most beans (black, pinto, lentils, etc.), ½ cup cooked	7-10 g
Soy beans, ½ cup cooked	14 g
Split peas, ½ cup cooked	8 g
NUTS + SEEDS	
Peanut butter, 2 Tbs	8 g
Peanuts, ¼ cup	9 g
Almonds, ¼ cup	8 g
Cashews, ¼ cup	5 g
Pecans, ¼ cup	2.5 g
Walnuts, ¼ cup	3.8 g
Sunflower seeds, ¼ cup	6 g
Pumpkin seeds, ¼ cup	8 g
Flaxseeds, ¼ cup	8 g
Hemp seeds, 3 Tbs	11 g