

Protein Sources

<u>FOOD</u>	<u>AMOUNT OF PROTEIN</u>
Milk 8 oz.	8 gms.
Hard cheese 1 oz.	6 gms.
Cottage cheese ½ cup	19 gms.
Ice cream ½ cup	3 gms.
Egg 1 cup	6 gms.
Yogurt 1 cup	8 gms.
Beef 3 oz.	20 gms.
Chicken 3 oz.	25 gms.
Turkey 3 oz.	27 gms.
Pork 3 oz.	21 gms.
Liver 3 ½ oz.	26 gms.
Haddock 3 oz.	16 gms.
Cod 3 oz.	16 gms.
Salmon 3 oz.	17 gms.
Halibut 3 ½ oz.	26 gms.
White bread 1 slice	1.5 gms.
Wheat bread 1 slice	2 gms.
Cereal 1 cup	2 gms.
Potato 1 medium	1 gm.
Rice (brown) ½ cup	7 gms.
Corn ½ cup	2 ½ gms.
Peanut butter 2 tbs.	3 gms.
Peanuts ¼ cup	6 gms.
Walnuts ¼ cup	6 ½ gms.
Pinto beans ½ cup	7 ½ gms.
Lima beans ½ cup	4 gms.
Navy beans ½ cup	7 ½ gms.
Kidney beans ½ cup	7 ½ gms.

Proteins of plant origin are incomplete, that is, lacking in one or more essential amino acids. To make plant proteins complete, include some animal protein in the same meal (cereal with milk, beans with cheese, ect.) Or eat two plant proteins which complement one another.