

High-Protein Foods

Nutrition to help you heal

Protein Food	Serving Size	Protein Grams
Beans, cooked:		
- Black, garbanzo, kidney, pinto	½ cup	7
- Lentils, split peas	½ cup	8
Cheese:		
- Cottage cheese	¼ cup	6
- Hard (cheddar, Swiss)	1 oz.	7
- Ricotta	¼ cup	7
- Soft (goat, mozzarella)	1 oz.	5
- String	1 oz. (1 stick)	7
Eggs	1 whole, 2 whites, or ¼ cup egg substitute	7
Fish, canned:		
- Anchovies, sardines	1 oz.	7
- Salmon, tuna	1 oz.	7
Fish, cooked:		
- Fillet	3 oz.	21
- Salmon patty	3 oz. patty	21
Meat, cooked:		
- Chicken breast	3 oz.	21
- Hamburger, lean	1 patty, 3 oz.	21
- Pork chop	3 oz.	21
- Steak, lean	3 oz.	21
Milk:		
- Whole, 2%, 1%, skim, or soy	1 cup	8
- Nonfat, powdered	¼ cup	10
- Whole, powdered	¼ cup	7

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Nuts and seeds:		
- Almonds, peanuts, sunflower	1 oz.	6 to 7
- Cashews, flaxseed (ground), walnuts	1 oz.	4 to 5
- Nut butters	2 tablespoons	5 to 8
Protein drinks:		
- Ensure Clear, Glucerna	8 oz.	8 to 10
- Boost High Protein, Boost Plus, Ensure High Protein, Ensure Plus	8 oz.	13 to 16
- Boost VHC, Nepro	8 oz.	19 to 22
- Carnation Instant Breakfast mixed with 1 cup milk	8 oz.	13
Quinoa, cooked	1 cup	8
Shellfish, cooked:		
- Crab	1 oz.	6
- Scallops, steamed	1 oz.	7
- Shrimp	1 oz.	6
Tempeh	1 oz.	5
Tofu (soft, firm, extra firm)	3 oz.	5 to 9
Whey protein powder (protein content depends on brand)	1 oz.	12 to 20
Yogurt:		
- Greek	5.3 oz.	12 to 18
- Regular, plain	5.3 oz.	5 to 6