

# Protein Sources by Food Group

<b>Meat &amp; poultry protein sources</b>	 Beef (lean cuts like sirloin, tenderloin) 3 oz, 21-23 grams protein	 Venison (deer meat) 3 oz, 23 grams protein	 Bison 3 oz, 22-24 grams protein	 Chicken (skinless, boneless breast) 3 oz, 24 grams protein	 Turkey (skinless, boneless breast) 3 oz, 26 grams protein
<b>Seafood protein sources</b>	 Salmon 3 oz, 22-25 grams protein	 Tuna (canned, drained) 3 oz, 23 grams protein	 Cod 3 oz, 19 grams protein	 Trout 3 oz, 19 grams protein	 Shrimp 3 oz, 18 grams protein
<b>Egg &amp; dairy protein sources</b>	 Milk 1 cup, 8 grams protein	 Cheese (cheddar, mozzarella, parmesan, etc.) 1 oz, 6-7 grams protein	 Plain, low-fat yogurt 1 cup, 10 grams protein	 Cottage cheese 1/2 cup, 12 grams protein	 Plain, low-fat Greek yogurt 1 cup, 20 grams protein
<b>Grain protein sources</b>	 Quinoa 1 cup (cooked), 8 grams	 Brown Rice 1 cup (cooked), 5 grams	 Oats 1 cup (cooked), 8 grams	 Barley 1 cup (cooked), 4 grams	 Wheat (Bulgur, Farro) 1 cup (cooked), 8 grams
<b>Nuts &amp; seeds protein sources</b>	 Almonds 6 grams	 Peanuts 7 grams	 Hemp Seeds 9 grams	 Pumpkin Seeds 7 grams	 Sunflower Seeds 6 grams
<b>Legume protein sources</b>	 Lentils 1/2 cup (cooked), 9 grams protein	 Chickpeas 1/2 cup (cooked), 7 grams protein	 Black Beans 1/2 cup (cooked), 8 grams protein	 Kidney Beans 1/2 cup (cooked), 8 grams protein	 Soybeans (Edamame) 1/2 cup (cooked), 8 grams protein
<b>Plant-based protein sources</b>	 Firm Tofu 8.8 grams protein, 3 oz	 Extra Firm Tofu 8.5 grams protein, 3 oz	 Tempeh 16.1 grams protein, 3 oz	 Seitan 21.2 grams protein, 3 oz	 Textured Vegetable Protein (TVP) 42.5 grams protein, 3 oz (dry weight)

The protein content values can vary slightly depending on the brand and preparation method.

# Food Protein Sources

**Lauren Gardner**



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