

PROTEIN COUNTER

FOOD	AMOUNT	GRAMS	FOOD	AMOUNT	GRAMS
DAIRY PRODUCTS			BEANS		
milk	1 cup	8	Navy	3/4 cup	11
buttermilk	1 cup	8	Red or Pinto	1 cup	15
yogurt	1 cup	8	Lentils	1 cup	15
Cottage Cheese	1 cup	30	Soybeans	1 cup	22
Cheddar, grated	1/2 cup	14			
eggs	1 med.	6	GRAINS		
MEAT AND POULTRY			Whole Wheat. Bread	1 slice	2
bacon	1 slice	2	Corn Bread	1 slice	3
pot roast	3 oz.	23	Corn Flakes	1 cup	2
hamburger	3 oz.	24	Farina	1 cup	3
steak	3 oz.	20	Oats or oatmeal	1 cup	5
chicken	3 oz.	23	Wheat pancakes	4	7
pork chop	1 thick	16	Popcorn	2 cups	3
ham	2 oz.	13	Brown rice	1 cup	15
turkey	3 oz.	25	Shredded Wheat	1 lg biscuit	3
FISH AND SEAFOOD			NUTS AND NUT PRODUCTS		
fish sticks	5	19	Almonds	1/2 cup	13
Oysters	6-8 med.	8	Cashews	1/2 cup	12
salmon	3 oz.	17	Peanuts	1/3 cup	13
shrimp	3 oz.	23	Peanut Butter	1/3 cup	3
swordfish	1 steak	27	Pecans	1/2 cup	5
tuna	3 oz.	25	Sesame Seeds	1/2 cup	9
			Sunflower Seeds	1/2 cup	12
			Walnuts	1/2 cup	7
SOUPS , CANNED AND DILUTED			<p>SOME FRUITS AND VEGETABLES DO CONTAIN SMALL AMOUNTS OR A TRACE OF PROTEIN. BUT CONTENT IS MINIMAL, THEREFORE, THEY WERE OMITTED. <u>PLEASE</u>, DO NOT UNDERESTIMATE THE IMPORTANCE OF THESE FOODS IN PROVIDING ESSENTIAL VITAMINS AND MINERALS !</p> <p>BE SURE TO EAT GREEN VEGETABLES, YELLOW OR ORANGE VEGETABLES, AND FRUITS <u>EVERY DAY!</u></p>		
Bean Soups	1 cup	8			
Beef and Vegetable	1 cup	6			
Chicken or Turkey	1 cup	4			
Clam Chowder	1 cup	5			
Cream Soups	1 cup	7			
Split Pea	1 cup	8			
Vegetarian Vegetable	1 cup	4			