

PROTEIN FINDER

Meat, Poultry and Eggs

portions are 3 ounces fresh and cooked unless otherwise stated



LOW PROTEIN

To 21.0 grams

Beef, ground, lean, 21.0
Beef, ground, regular, 20.5
Duck, domestic roasted, 20.5
Egg Substitute, 11.0
Egg white, 1 large, 3.5
Egg whole, 1 large, 6.3
Egg Yolk, 1 large, 2.8
Veal, rib, 20.4 †

HIGHER PROTEIN

From 21.1 to 25.1 grams

Beef, ground, extra lean, 21.6
Beef, rib, lean, 23.2
Beef, round, eye, lean, 24.6
Chicken, dark meat, 24.4
Lamb, leg, domestic, lean, cooked, 24.1
Lamb, rib, domestic, lean, cooked, 22.2
Pork leg, fresh, lean, 25.0 †
Pork roast, fresh, lean, roasted, 24.4 †
Pork, spareribs, fresh, braised, 24.7 †
Turkey, dark, 24.0

HIGHEST PROTEIN

25.1 or more grams

Beef, round, bottom, lean, 26.9 †
Beef, top sirloin, lean, 25.8
Chicken, white meat, 27.6
Lamb, loin, domestic, lean, cooked, 25.5
Lamb, shoulder, domestic, lean, cooked, 30.2
Pork chops, fresh, lean, broiled, 25.7 †
Turkey, light, 25.1
Veal, leg, 30.7 †

Seafood

portions are 3 ounces fresh and cooked unless otherwise stated



To 17.0 grams

Clams, mixed species, raw, 10.9 †
Crab, Alaska King, cooked, 16.5 †
Oyster, cooked, 7.5 †
Oyster, raw, 6 medium, 5.9
Scallop, cooked, 6 large, 16.8 †
Shrimp, 6 large, 9.6

From 17.1 to 21 grams

Cod, cooked, 19.5
Crab, blue, cooked, 17.2
Flounder, cooked, 20.5
Haddock, cooked, 20.6 †
Lobster, cooked, 17.4
Ocean Perch, cooked, 20.3
Pollock, cooked, 20.0
Sole, cooked, 20.5

21.1 or more grams

Halibut, cooked, 22.7 †
Salmon, 23.2 †
Swordfish, cooked, 21.6
Tuna salad, 1 cup, 32.9 †
Tuna, light, canned in oil, 24.8 †
Tuna, yellowfin, cooked, 25.5 †

Dairy

portions as stated



To 7.9 grams

Buttermilk, 1/2 cup, 4.1 †
Cheese, blue, 1 oz, 6.0
Cheese, cheddar, 1 oz, 7.0
Cheese, cream, 1 Tbsp, 1.1
Cheese, cream, fat free, 1 Tbsp, 2.3
Cheese, feta, 1 oz, 4.0
Cheese, mozzarella, 1 oz, 7.8
Cheese, parmesan, grated, 1 Tbsp, 2.1 †
Cheese, provolone, 1 oz, 7.3
Ice cream, vanilla, 1/2 cup, 2.3
Ice cream, vanilla, light (50%), 1/2 cup, 2.5
Sherbert, orange, 1 cup, 1.6
Yogurt, frozen vanilla, 1/2 cup, 2.9 †
Yogurt, plain, whole, 1 cup, 7.9 †

From 8 to 12 grams

Cheese, swiss, 1 oz, 8.1
Milk, 1%, 1 cup, 8.0 †
Milk, 2%, 1 cup, 8.1 †
Milk, evaporated, nonfat, 1/2 cup, 9.7 †
Milk, nonfat, 1 cup, 8.4 †
Milk, whole, 1 cup, 8.0 †
Yogurt, plain, low fat, 1 cup, 11.9 †

12.1 or more grams

Cheese, cottage, creamed, 1 cup, 26.0
Cheese, cottage, low fat (2% milkfat), 1 cup, 31.0
Cheese, cottage, non-fat, 1 cup, 25.0
Cheese, ricotta, part skim milk, 1 cup, 28.0 †
Cheese, ricotta, whole milk, 1 cup, 27.7 †
Milk, condensed, sweetened, 1/2 cup, 12.1 †
Milk, dry, nonfat instant, 1/2 cup, 12.2 †
Yogurt, plain, skim, 1 cup, 13.0 †

Legumes and Nuts



To 7.9 grams

Beans, black, boiled, 7.6 †
Beans, kidney, -boiled, 7.7 †
Beans, lima, 7.3 †
Beans, navy, boiled, 7.9 †
Beans, pinto, 7.0 †
Beans, refried, 6.9 †
Chickpeas, boiled, 7.3 †
Cowpeas, cooked from raw, drained, 2.6
Pecans, 2 oz, 5.2 †
Soy milk, 3.8 *

From 8 to 12 grams

Beans, white, 9.5 †
Cashews, dry roasted, 2 oz, 8.7 †
Cashews, oil roasted, 2 oz, 9.2 †
Chestnuts, European, 2 oz, 9.1 †
Hazelnuts, 2 oz, 8.5 †
Peanut Butter, 2 Tbsp, 8.0 †
Peas, split, 8.2 †
Soy hamburger patty, 2.5 oz, 12.0 †
Tofu, silken, raw, 4 oz, 9.6 †
Tofu, soft, raw, 4 oz, 9.0 †
Walnuts, English, 2 oz, 8.6 †

12.1 or more grams

Almonds, 2 oz, 12.1 †
Beans, soy, cooked, 14.3 †
Lentils, cooked, 17.9 †
Peanuts, dry roasted, 2 oz, 13.4 †
Peanuts, oil roasted, 2 oz, 14.9 †
Pine nuts, dried, 2 oz, 13.6 †
Pistachios, dry roasted, 2 oz, 12.1 †
Soy chicken patty, 2.5 oz, 13.0 †
Tofu, firm, raw, 4 oz, 13.0 †

Grains and Cereals

portions are 1 cup or 1 slice unless otherwise stated



To 2.9 grams

Bread, french, 1/21' slice, 2.2
Bread, Italian, 1.8
Bread, oatmeal, 2.3 †
Bread, wheat, 2.7 †
Cereal, crispy rice, 2.1
Cereal, corn flakes, 1.8
Cereal, corn squares, 2.2
Cereal, rice squares, 1.9
Doughnut, plain, 2.4
Rolls, dinner (brown and serve), 1 roll, 2.4

From 3 to 6 grams

Biscuits, plain, 2 1/2", 4.2
Bread, pita, white, 6 1/291 pita, 5.5
Cereal, cream of wheat, regular, 3.8
Croissants, butter, 1 croissant, 4.7
Croutons, seasoned, 4.3
English Muffin, 1 whole, 4.4
Muffin, blueberry, premade, 1 muffin, 3.1
Oatmeal, plain instant, 1 packet, 4.4 †
Rice, brown, cooked, 5.0
Rice, white, cooked, 4.3
Rolls, hot dog or hamburger, 1 roll, 3.7
Rolls, kaiser, 1 roll, 5.6

6.1 or more grams

Bagel, egg, 3 1/2", 7.5
Bread crumbs, seasoned, 17.0
Bread stuffing, from mix, 6.4
Couscous, dry, 22.1
Macaroni, cooked, 6.7
Noodles, egg, cooked, 7.6
Rice, wild, cooked, 6.5
Spaghetti, cooked, 6.7
Wheat flour, white, 12.9 †
Wheat flour, whole grain, 16.44 †

† Foods high in phosphorus. * Foods high in potassium