



## Amount of Protein in Low-fat Foods

Protein Food Chart			
Food Portion	Gms of Protein	Food portion	Gms of Protein
Chicken (3 oz)	27	Oysters (6 medium)	15.1
Turkey (3 slices: 3½x 2¾ x 1¼)	28	Egg white (1)	7
Chicken, broiled (1/4 chicken)	22.4	Dairy cottage cheese (5-6 tbsp)	19.5
Most fish (3 oz.)	20	Non-fat or 1% yogurt or milk (8 oz)	8.5
Tuna (½ cup)	15.9	Soy milk, low-fat (8 oz)	4
Tuna (3 oz)	24	Soy cheese, low-fat (1 oz)	7
Kidney beans (½ cup)	7.5	Rice, cooked (½ cup)	2.0
Corn (½ cup)	2.5	Green beans (½ cup)	1.0
Green peas (½ cup)	4.0	Baked potato (1 medium)	3.0
White bread (1 slice)	2.0	Whole wheat bread (1 slice)	3.0
Typical breakfast cereal (1 serving)	2-4	Saltines (4 crackers)	1.0
Tomatoes (1 medium)	1.0	Banana (1 medium)	1.1
Most fruits & vegetables (1 serving: ½ cup)	0.3-0.8	Bagel (1 medium)	7
Pasta, cooked (1 cup)	7	Protein shake mix (1 scoop)	17-25 per scoop