CAFEITY · FREE PRINTABLE

Protein food list

Grams of protein in common portions, from USDA FoodData Central.
Brands and recipes vary — check the label on the pack.

FOOD	PORTION	PROTEIN
MEAT AND FISH		
Chicken breast, roasted, skinless	85 g (3 oz)	**26.4 g**
Turkey breast, roasted	85 g (3 oz)	**25.6 g**
Pork tenderloin, roasted, lean	85 g (3 oz)	**22.3 g**
Beef mince, 90% lean, cooked	85 g (3 oz)	**22.2 g**
Tuna, light, canned in water, drained	85 g (3 oz)	**16.1 g**
Salmon, farmed, cooked	85 g (3 oz)	**18.8 g**
Cod, cooked	85 g (3 oz)	**19.4 g**
Prawns / shrimp, cooked	85 g (3 oz)	**20.4 g**
Sardines, canned in oil, drained	85 g (3 oz)	**20.9 g**
EGGS AND DAIRY		
Egg, whole, hard-boiled	1 large egg (50 g)	**6.3 g**
Egg white	1 large egg white (33 g)	**3.5 g**
Greek yoghurt, plain, non-fat	170 g pot	**17.5 g**
Cottage cheese, 2% fat	½ cup (113 g)	**12.4 g**
Mozzarella, part-skim	28 g (1 oz)	**6.6 g**
Cheddar cheese	28 g (1 oz)	**6.5 g**
Milk, skimmed	1 cup (244 g)	**8.3 g**
Soya milk, unsweetened	1 cup (243 g)	**7.0 g**
PLANT PROTEIN		
Tofu, firm (calcium-set)	½ cup (126 g)	**21.8 g**
Tempeh	85 g (3 oz)	**17.3 g**
Edamame (green soya beans), cooked	½ cup (90 g)	**11.2 g**
Lentils, boiled	½ cup (99 g)	**8.9 g**
Chickpeas, boiled	½ cup (82 g)	**7.3 g**
Black beans, boiled	½ cup (86 g)	**7.7 g**
Peanut butter, smooth	2 tbsp (32 g)	**7.2 g**
Almonds	28 g (about 23 almonds)	**5.9 g**
Pumpkin seeds (pepitas)	28 g (1 oz)	**8.4 g**
Hummus	2 tbsp (30 g)	**2.2 g**
Quinoa, cooked	½ cup (93 g)	**4.1 g**

MY DAILY PROTEIN FIGURE

Ask your prescriber or a dietitian what suits you. Cafeity's calculator uses 1.4 g per kg of body weight.

TODAY'S TALLY