

	LOW PROTEIN		HIGHER PROTEIN		HIGHEST PROTEIN	
	all values are in grams (g)		all values are in grams (g)		all values are in grams (g)	
Meat & Poultry 3 ounces dry, cooked or as stated	Beef, ground 20% fat, pan broiled	20.4	Beef, ground, 5% fat, pan broiled	21.9	Beef, round, bottom, lean, braised	26.9
	Duck, roasted, w/o skin	20.0	Beef, rib, lean, roasted	23.4	Beef, top sirloin, lean, broiled	25.8
	Egg substitute, 1/4 cup	6.0	Beef, round, eye, lean, roasted	24.5	Chicken, white meat, w/o skin, fried	27.9
	Egg white, 1 large	3.5	Chicken, dark meat, w/o skin, fried	24.6	Lamb, loin, lean, broiled	25.5
	Egg whole, 1 large	6.2	Pork leg, lean, roasted	25.0	Lamb, shoulder, lean braised	30.2
	Egg yolk, 1 large	2.8	Pork sirloin, lean, roasted	24.5	Pork chops, lean, broiled	25.7
	Veal, rib, lean, fat roasted	20.4	Pork, spareribs, lean, fat, braised	24.7		
			Turkey, dark meat, w/skin, roasted	23.5		
			Turkey, light meat, w/skin, roasted	24.5		
	Fish 3 ounces dry, cooked or as stated	Clams, mixed species, raw	10.9	Cod, Pacific	19.5	Halibut, Atlantic
Crab, Alaska King, moist heat		16.4	Flounder	20.5	Salmon, Atlantic, wild	21.6
Oyster, moist heat, 6 medium		5.9	Haddock	20.6	Swordfish	21.6
Oyster, eastern, raw, 6 medium		5.9	Lobster, northern	17.4	Tuna, light, canned in oil	24.8
Scallop, 6 large		14.3	Pollock	20.0	Tuna, yellowfin	25.5
Tuna salad		13.6	Shrimp, moist heat	17.8		
Dairy & Eggs Portions as stated	Buttermilk, 1/2 cup	4.1	Cheese, swiss, 1 oz	8.1	Cheese cottage, creamed, large curd, 1 cup	26.2
	Cheese, blue, 1 oz	6.1	Milk, 1%, 1 cup	8.0	Cheese, cottage, (2% fat), 1 cup	31.1
	Cheese, cheddar, 1 oz	7.1	Milk, 2%, 1 cup	8.1	Cheese, cottage, (1% fat), 1 cup	28.0
	Cheese, cream, 1 T	1.1	Milk, condensed, sweetened, 1/2 cup	12.0	Cheese, ricotta, part skim milk, 1 cup	28.2
	Cheese, mozzarella, part skim 1 oz	7.8	Milk, evaporated, nonfat, 1/2 cup	9.6	Cheese, ricotta, whole milk, 1 cup	28.0
	Cheese, parmesan, grated 1 T	2.1	Milk, nonfat, 1 cup	8.4	Milk, dry, nonfat, 1/2 cup	21.6
	Cheese, provolone, 1 oz	7.3	Milk, whole, 1 cup	8.0		
	Ice cream, vanilla, 1/2 cup	2.8	Yogurt, plain, low fat, 1 cup	11.9		
	Sherbet, orange, 1 cup	1.6	Yogurt, plain, skim, 8 oz	11.9		
	Soy milk, (dairy alternative), 4 oz	3.4				
Yogurt, plan, whole, 1 cup	7.9					
Legumes 1/2 cup cooked or as stated	Beans, black, boiled	7.6	Almonds, 2 oz	12.0	Peanuts, dry roasted, 2 oz	13.4
	Beans, kidney, boiled	7.7	Beans, white, mature, boiled	8.7	Peanuts, oil roasted	19.0
	Beans, lima	7.3	Cashews, dry roasted, 2 oz	8.6	Pine nuts, dried, 2 oz	13.6
	Beans, pinto	7.0	Hazelnuts, 2 oz	8.4	Soybeans, boiled	14.3
	Beans, refried	6.9	Lentils, ckd	9.0		
	Chestnuts, European, boiled, 2 oz	1.2	Peas, split	8.2		
	Chickpeas, boiled	7.2	Pistachios, dry roasted, 2 oz	11.6		
	Peanut Butter, creamy, 2 T	7.0	Walnuts, English, 2 oz	8.6		
Grains & Cereals 1 cup, 1 slice or as stated	Bread, Italian, 1 oz slice	2.6	Biscuits, plain, 2 1/2"	4.2	Bagel, 4"	11.0
	Bread, oatmeal, .95 oz	2.3	bread, French, 2.2 oz	5.0	Bread crumbs, seasoned	17.0
	Bread, wheat, .88 oz	2.3	Bread, pita, white, 6 1/2"	5.5	Rice, wild, ckd	6.5
	Bread, white, .88 oz slice	2.1	Bread stuffing, from mix, 1/2 cup	3.2	Spaghetti, enr., ckd	6.7
	Cereal, crispy rice	2.0	Cereal, cream of wheat, regular	3.8	Wheat flour, white	12.9
	Cereal, corn flakes	1.8	Croissant, 1 medium	4.7	wheat flour, whole grain	16.4
	Cereal, rice squares, 1 1/4 cup	1.9	Croutons, seasoned	4.3		
	Doughnut, plain, 3 1/4"	2.4	English Muffin, 1 whole	4.4		
	rolls, dinner, 1 roll	2.4	Muffin, blueberry, 1 muffin	3.7		
			Oatmeal, plain instant	5.9		
			Rice, brown, ckd	5.0		
			Rice, white, ckd	3.5		
			Rolls, hot dog or hamburger, 1 roll	3.7		
			rolls, Kaiser, 1 roll	5.6		