






















# Protein Sources by Food Group

<b>Meat &amp; poultry protein sources</b>	 <b>Beef</b> (lean cuts like sirloin, tenderloin) 3 oz, 21-23 grams protein	 <b>Venison</b> (deer meat) 3 oz, 23 grams protein	 <b>Bison</b> 3 oz, 22-24 grams protein	 <b>Chicken</b> (skinless, boneless breast) 3 oz, 24 grams protein	 <b>Turkey</b> (skinless, boneless breast) 3 oz, 26 grams protein
<b>Seafood protein sources</b>	 <b>Salmon</b> 3 oz, 22-25 grams protein	 <b>Tuna</b> (canned, drained) 3 oz, 23 grams protein	 <b>Cod</b> 3 oz, 19 grams protein	 <b>Trout</b> 3 oz, 19 grams protein	 <b>Shrimp</b> 3 oz, 18 grams protein
<b>Egg &amp; dairy protein sources</b>	 <b>Milk</b> 1 cup, 8 grams protein	 <b>Cheese</b> (cheddar, mozzarella, parmesan, etc.) 1 oz, 6-7 grams protein	 <b>Plain, low-fat yogurt</b> 1 cup, 10 grams protein	 <b>Cottage cheese</b> 1/2 cup, 12 grams protein	 <b>Plain, low-fat Greek yogurt</b> 1 cup, 20 grams protein
<b>Grain protein sources</b>	 <b>Quinoa</b> 1 cup (cooked), 8 grams	 <b>Brown Rice</b> 1 cup (cooked), 5 grams	 <b>Oats</b> 1 cup (cooked), 8 grams	 <b>Barley</b> 1 cup (cooked), 4 grams	 <b>Wheat</b> (Bulgur, Farro) 1 cup (cooked), 8 grams
<b>Nuts &amp; seeds protein sources</b>	 <b>Almonds</b> 6 grams	 <b>Peanuts</b> 7 grams	 <b>Hemp Seeds</b> 8 grams	 <b>Pumpkin Seeds</b> 7 grams	 <b>Sunflower Seeds</b> 8 grams
<b>Legume protein sources</b>	 <b>Lentils</b> 1/2 cup (cooked), 9 grams protein	 <b>Chickpeas</b> 1/2 cup (cooked), 7 grams protein	 <b>Black Beans</b> 1/2 cup (cooked), 8 grams protein	 <b>Kidney Beans</b> 1/2 cup (cooked), 8 grams protein	 <b>Soybeans</b> (Edamame) 1/2 cup (cooked), 8 grams protein
<b>Plant-based protein sources</b>	 <b>Firm Tofu</b> 8.8 grams protein, 3 oz	 <b>Extra Firm Tofu</b> 8.5 grams protein, 3 oz	 <b>Tempeh</b> 16.1 grams protein, 3 oz	 <b>Seitan</b> 21.2 grams protein, 3 oz	 <b>Textured Vegetable Protein (TVP)</b> 42.5 grams protein, 3 oz (dry weight)

The protein content values can vary slightly depending on the brand and preparation method.

# Food Protein Sources

**Roman Wölfel**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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