






















Protein Sources by Food Group

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

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

Food Protein Sources

Julia Schneider



Food Protein Sources:

Unveiling the Magic of Words: A Report on "**Food Protein Sources**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Food Protein Sources**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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