

Dietary Sources of Protein

Meat, poultry and fish are rich sources of high biological value protein. Plant sources of protein (legumes, nuts, and seeds) contribute additional amounts of protein. See the table below for a detailed list of dietary protein sources.

Daily Dietary Sources of Protein	
DAIRY	GRAMS
Goat's Milk, 1 cup	5.4
Skim Milk, 1 cup	8.3
Whole Milk, 1 cup	8.0
Sheep's Milk, 1 cup	14.6
Dried Skim Milk, ½ cup	40.8
Dried Whole Milk, ½ cup	29.7
Ice Cream, 1 cup	5.0
Sour Cream, 1 cup	7.8
Yogurt, low-fat, 1 cup	10.7
Cottage Cheese, 1 cup	28.0
Cheddar Cheese, 1 ¼ oz.	8.5
Cream, 1 ¼ oz.	1
Feta, sheep/goat 1 ¼ oz.	5.2
Mozzarella, 1 ¼ oz.	8.4
Parmesan, 1 ¼ oz.	13.13
Ricotta, 1 ¼ oz.	3.13
Egg, 1 large	6.3
FISH, MEAT AND POULTRY	GRAMS
Tuna, 3 oz. drained	21.7
Salmon, 3 oz. cooked	16.8
Ground Beef, 3 oz.	25.7
Beef, 3 oz. cooked	27.0
Pork Chop, 3 oz. cooked	24.5
Ham, 1 oz.	5.9
Chicken Breast, 3 oz.	18.9
Chicken, dark meat, 3 oz.	23.6
Turkey breast, 3 oz.	25.7
Turkey, dark meat, 3 oz.	24.3
MEAT SUBSTITUTES	GRAMS
Tofu, 3 oz.	6.9
Veggie burger, 3 oz.	25.7
NUTS AND SEEDS (1/2 cup)	GRAMS
Peanut Butter	25.5
Almonds	21
Brazil	15.8
Cashew	17.3
Peanut	29.5
Pine nut	11.3
Pistachio	21.5
Walnut, black	28.5
Walnut, English	15.8

Poppy	20.4
Pumpkin	28.5
Sesame	28.5
Sunflower	23.7
Tahini (sesame butter)	27
NUTRITIONAL SUPPLEMENTS (1 oz.)	GRAMS
Alfalfa Leaf Concentrate	8.4
Brewer's Yeast	11.4
Spirulina	17.3
LEGUMES AND LENTILS	GRAMS
Black beans, ½ cup	7.5
Peas, ½ cup	7.8
Pinto beans, ½ cup	7.0
Garbanzo beans, ½ cup	7.3
Black-eyed peas, ½ cup	9.2
Butter bean, ½ cup	8.0
Green bean, ½ cup	8.0
Lima bean, ½ cup	8.6
Navy bean, ½ cup	8.7
Soya bean, ½ cup	11.8
Chickpea/Garbanzo ½ cup	9.0
Lentils, ½ cup	8.6
FRUITS AND VEGETABLES	GRAMS
Banana, 1 medium	1.2
Apple, large	0
Orange, large	1.7
Apricot, dried ½ cup	5.4
Soya bean sprouts, ½ cup	7
Corn, cooked, ½ cup	2.2
Carrots, cooked, ½ cup	0.8
Green beans, cooked, ½ cup	1.0
Green peas, cooked, ½ cup	4.1
Potatoes, white, ½ cup	1.2
Spinach, boiled ½ cup	5.7
Avocado, ½ cup	4.7
Coconut, creamed ½ cup	4.8
GRAINS AND FLOUR (1/2 cup)	GRAMS
Amaranth	3.9
Barley, pearled	9
Barley	10.8
Wheat, cracked	10.45
Wheat, bran	15.9
Whole Wheat Bread	10.4
Millet	11.2
Oatmeal	14
Brown Rice	2.9
Wild Rice	15.9
Pop Corn	3.4
Corn Meal	10.6