

Animal Based Protein Sources & Servings

Use this handout to discover animal based protein sources for your daily meals and snacks. Aim for 20-40 grams of protein at each meal.*



SEAFOOD + SHELLFISH

Salmon, cooked (5 ounces) - 36 grams
Halibut, cooked (5 ounces) - 29 grams
Cod, cooked (5 ounces) - 27 grams
Tuna, canned (1 cup) - 25 grams

Clams, cooked (4.8 ounces) - 25 grams
Shrimp, cooked (4.8 ounces) - 23 grams
Mussels, cooked (20 count) - 20 grams
Scallops, cooked (4.8 ounces) - 20 grams

RED MEAT + PORK

Beef, ground (1 cup) - 32 grams
Veal chop (3 ounces) - 26 grams
Lamb chop (3 ounces) - 25 grams
Venison (3 ounces) - 24 grams

Beef burger (3 ounces) - 15 grams
Breakfast sausage (1 patty) - 6.5 grams
Breakfast sausage (1 link) - 4 grams
Bacon (1 medium slice) - 2 grams

CHICKEN + TURKEY

Chicken breast, cooked (4 ounces) - 34 grams
Chicken thigh, cooked (2.5 ounces) - 17 grams
Chicken sausage (1 ounce) - 4 grams

Turkey breast, cooked (4 ounces) - 32 grams
Turkey thigh, cooked (3 ounces) - 23 grams
Turkey sausage (1 ounce) - 6 grams

DAIRY + EGGS

Greek-style yogurt (6 ounces) - 17 grams
Yogurt (6 ounces) - 9 gram
Milk (8 fluid ounces) - 8 grams
Egg, whites (1/4 cup) - 7 grams
Egg, whole (1 large) - 6 grams

Cottage cheese (1/2 cup) - 12 grams
String cheese (1 stick) - 7 grams
Cheddar, Mozzarella, Provolone, Swiss

- 1/4 cup - 7 grams
- 1 slice (3/4 ounce) - 5 grams

**Protein amount is a suggestion based on general recommendations. Your individual needs may vary.*

Plant Based Protein Sources & Servings



*Use this handout to discover plant based protein sources for your meals and snacks. Combine multiple plant foods to reach a total of 20-40 grams of protein per meal.**

BEANS + SOY

Lentils, cooked (1 cup) - 15 grams
Black beans, cooked (1/2 cup) - 8 grams
Chickpeas, cooked (1/2 cup) - 8 grams
Kidney beans, cooked (1/2 cup) - 8 grams
Pinto beans, cooked (1/2 cup) - 7 grams

Tempeh (4 ounces) - 22 grams
Tofu, firm (5 ounces) - 17 grams
Edamame, shelled (1/2 cup) - 9 grams
Soy milk (8 fluid ounces) - 7 grams
Soy yogurt (6 ounces) - 6 grams

NUTS + SEEDS

Peanut butter (2 tbsp) - 7 grams
Almond butter (2 tbsp) - 7 grams
Sunflower butter (2 tbsp) - 7 grams
Soy nut butter (2 tbsp) - 7 grams
Cashew butter (2 tbsp) - 4 grams
Peanuts (1 ounce) - 7 grams
Almonds (1 ounce) - 6 grams
Pistachios (1 ounce) - 6 grams
Cashews (1 ounce) - 4 grams

Walnuts (1 ounce) - 4 grams
Brazil nuts (1 ounce) - 4 grams
Pecans (1 ounce) - 3 grams
Macadamia (1 ounce) - 2 grams
Pumpkin seeds (1 ounce) - 8 grams
Flax seeds, ground (3 tbsp) - 8 grams
Hemp seeds (2 tbsp) - 6 grams
Sunflower seeds (2 tbsp) - 4 grams
Chia seeds (2 tbsp) - 4 grams

VEGETABLES

Mushrooms, cooked (1 cup) - 6 grams
Brussels sprouts, cooked (1 cup) - 5 grams
Peas (1/2 cup) - 4 grams
Collard greens, cooked (1 cup) - 4 grams
Spinach, raw (3 cups) - 3 grams

Potato (1 medium/6 ounces) - 3 grams
Sweet corn (1 ear) - 3 grams
Cauliflower, cooked (1 cup) - 3 grams
Asparagus (5 spears) - 2 grams
Broccoli (1 cup) - 2 grams

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