

# Protein List

Food	Portion	Protein Grams	Calories
Anchovies-canned	5	6	42
Bacon-Cooked	3 strips	6	109
Bass-striped baked	3 oz.	19	105
Beef-brisket (lean) braised	3 oz.	21	309
Beef-chuck pot roast (lean)	3 oz.	23	282
Beef-Corned beef brisket	3 oz.	15	213
Beef-Corn beef canned	3 oz.	10	85
Beef-ground	3 oz.	21	246
Beef-Porterhouse steak	3 oz.	21	240
Beef-Roast beef	3 oz.	16	105
Beef-short ribs (lean)	3 oz.	18	400
Beef-T-bone steak	3 oz.	21	253
Blue Fish baked	3 oz.	22	135
Broccoli-cooked	1/2 cup	3	25
Butterfish baked	3 oz.	19	159
Carp	3 oz.	19	138
Catfish-breaded	3 oz.	15	194
Cheese most types	1 oz.	8	100
Cheese-ricotta	1/2 cup	14	200
Chicken-boneless, breaded	4 oz.	17	300
Chicken-breast, broiler/fryer	1/2 breast	35	364
Chicken-canned, with broth	1/2 can (2.5 oz.)	16	117
Chicken-oven roasted breast	2 oz.	11	60
Chicken-wings, hot and spicy	4 pieces (5 oz.)	15	230
Chicken-deli thin smoked breast	2 oz.	11	60
Clams-cooked	20 small	23	133
Cod-baked	3 oz.	20	90
Cottage cheese-creamed	1/2 cup	13	108
Cottage Cheese-low fat 1%	1/2 cup	14	82
Cottage Cheese-low fat 2%	1/2 cup	15.5	101
Crab-king cooked	3 oz.	16	82
Crab-blue cooked	3 oz.	17	87
Crab-canned	3 oz.	17	84
Crab-crab cakes	1 (2oz.)	12	93
Cream Cheese	1 oz.	2	99
Deli meats/cold cuts-bologna beef	1 oz.	4	88
Deli meats/cold cuts-salami	1 oz.	4	71
Duck w/o skin	4 oz.	26	222
Eel-smoked	3 oz.	18	300
Egg-hard cooked or poached	1	6	75
Falafel	2 oz.	4	105
Fava beans-canned	1/2 cup	7	90
Fish Cake	1 (4.5 oz)	18	166
Flounder cooked	3 oz.	21	99
Grouper	3 oz.	21	100
Haddock-cooked	3 oz.	21	95
Halibut-cooked	3 oz.	23	119
Ham-deviled ham canned	3 oz.	14	200
Ham-boneless cooked	3 oz.	14	90
ham-honey ham	3 oz.	15	150
Herring-Atlantic cooked	3 oz.	20	172
Humus	1/3 cup	4	140
Lamb-lean braised	3 oz.	29	190
Lamb-ground boiled	3 oz.	21	240
Lamb-loin chop (lean)	1 (3 oz)	19	225
Liver-beef or chicken	3 oz.	23	184

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Lobster-cooked	1/2 cup	15	71
Mackerel-cooked	3 oz.	20	223
Meat substitutes-harvest burger	3 oz.	18	140
Milk 1%	1 cup	8	110
Milk 2%	1 cup	8	120
Milk-buttermilk	1 cup	8	99
Monkfish-baked	3 oz.	16	82
Mussels-cooked	3 oz.	20	147
Octopus-steamed	3 oz.	25	140
Oysters-steamed	1 med.	5	43
Oysters-canned	3 oz.	10	100
Peanut Butter	2 Tbsp.	8	188
Perch	3 oz.	21	99
Pike-cooked	3 oz.	21	96
Pollack-baked	3 oz.	21	100
Pompano-Florida, cooked	3 oz.	20	179
Pork-pork roast	3 oz.	15	105
Pork-Spare Ribs	3 oz.	26	338
Quiche-Lorraine	1 slice (3oz.)	15	352
Rabbit-roasted	3 oz.	25	167
Roughy-Orange, baked	3 oz.	16	75
Salmon-baked	3 oz.	22	155
Salmon-canned, pink	3 oz.	17	118
Salmon-salmon cake	1 cake (3 oz.)	18	241
Salmon-smoked	3 oz.	15	99
Sardines-in oil	2	6	50
Scallops	2 large	6	67
Shark	3 oz.	16	145
Shrimp-canned	3 oz.	20	102
Shrimp-cooked	4 medium	5	22
Smelt-cooked	3 oz.	19	106
Snails-cooked	3 oz.	41	233
Sole-cooked	3 oz.	21	99
Soy Milk	1 cup	7	79
Soybeans-cooked	1/2 cup	15	150
Soybeans-dry roasted	1/2 cup	34	387
Soybeans-sprouts	1/2 cup	5	43
Spinach-cooked	1/2 cup	3	21
Squid	3 oz.	15	149
Sturgeon-smoked	3 oz.	27	147
Swordfish-cooked	3 oz.	22	132
Tofu-firm	1/2 cup	20	183
Tofu-soft	4 oz.	12	120
Trout-baked	3 oz.	23	162
Tuna	3 oz.	25	160
Turkey-Bologna	3 oz.	15	165
Turkey-breast	3 oz.	20	92
Turkey-ground cooked	3 oz.	20	188
Turkey-canned, w/broth	1/2 can (2.5 oz.)	17	116
Veal-cutlet, lean	3 oz.	31	172
Veal-ground broiled	3 oz.	21	146
Venison	3 oz.	26	134
Yogurt-fruit lowfat	4 oz.	5	113
Yogurt-plain lowfat	4 oz.	6	65