

Low-Fat, High-Protein Foods

Food	Serving	Protein (g)
Animal Proteins		
Beef, ground-lean	4 oz	28
Beef, London broil	4 oz	32
Chicken breast, no skin & no bone	4 oz	35
Turkey breast, no skin	4 oz	34
Turkey breast, lunch meat	2 oz	13
Pork, lean white meat	4 oz	33
Loin, Pork Chop	5 oz	20
Tuna fish, in H2O	3 oz	20
Flounder – Fish	4 oz	25
Salmon – Fish	4 oz	23
Shrimp Cocktail	6 pieces	15
Scallops	1 cup	24
Whole Egg	1 large	6
Egg White	1 large	3.7
Egg Yolk	1 large	2.3
Cheese	1 oz	6
Fruit Yogurt, low fat	1 cup	9
Whole milk	8 oz	8
Milk, 2% reduced fat	8 oz	8
Milk, 1% reduced fat	8 oz	8
Milk, Non-fat	8 oz	8
Cheese Pizza	1 slice	14

Fast Food Hamburger	1 single	12
Bacon	3 slices	6
Chicken Nuggets	4	12
Plant Proteins		
Soy milk	8 oz	7
Tofu, firm	3 oz	6
Almonds	½ cup	13
Peanuts	½ cup	17
Peanut Butter	2 tbsp	8
Cereal, Wheaties	1 cup	3
Bread, Whole Wheat	2 slices	5
Rice, White Enriched	1 cup	13
Spaghetti Noodles	1 cup	7
Baked Potato	1 large	4
Vegetables	1 cup	1 to 2
Fruits	1 medium	1
Kidney Beans	½ cup	7.2
Chili	1 cup	19
Hummus, Chick peas	½ cup	10