

PROTEIN-RICH FOODS

The table below is only an approximate guide to the amount of protein provided by different foods. It is not a comprehensive list of every protein-containing food but it gives you examples from each of the food groups. I have tried to use serving sizes that most people would be familiar with. Depending on the food, I have sometimes used weight in grams and at other times cup measurements (one cup = 250mL). In the case of chicken I have divided it into pieces you might eat. The aim is for you to see at a glance which foods are good sources of protein that you enjoy eating.

FOOD	SERVING SIZE	PROTEIN CONTENT in grams
MEAT & POULTRY		
beef - average steak	200g	50
lamb - fillet	100g	25
lamb - loin	100g	16
lamb - shank	100g	19
lamb - liver	100g	20
pork - average chop or roast	100g	25
kangaroo - fillet steak	200g	42
chicken - breast without skin	1/2	27
chicken - thigh with skin	1	32
chicken thigh without skin	1	28
chicken - drumstick with skin	1	23
chicken - drumstick without skin	1	21
chicken - wing with skin	1	7
chicken - liver	100g	26
SEAFOOD		
salmon - fillet	200g	44
salmon - smoked	200g	44
average white fish	200g	40
tinned tuna	100g	22
prawns - cooked	100g	24
mussels	100g	24
oysters - Pacific	1 average = 50g	4.7
DAIRY		
cheese - parmesan	100g	38
cheese - gruyere	100g	30
cheese - Swiss	100g	27
cheese - cheddar	100g	24

cheese - camembert	100g	20
cheese - feta - cow or goat	100g	14 to 16
cheese - ricotta whole milk	100g	11
cheese - cottage	100g	11
egg	1 (approx 50g)	6
yoghurt - whole/ full fat - plain unflavoured and no added sugar	100g	Wide variation depending on the brand. Check the nutrition panel on the back. Average: 3 to 4.5
milk - whole/ full fat	1 cup	8
butter	1 tablespoon	0.1
SOY		
green soy beans (edamame) - cooked	1/2 cup	14
tempeh	100g	16 -18
tofu	100g	Very wide variation depending on the brand. Check the nutrition panel on the back. Average: 8 to 15
soy milk - unsweetened	1 cup	7
miso paste	100g 1/2 cup	12 16
BEANS & LEGUMES		
peanuts - raw	1/2 cup	19
lentils - cooked	1/2 cup	9
adzuki beans - cooked	1/2 cup	8.5
split peas - cooked	1/2 cup	8
white beans - cooked	1/2 cup	7.5 to 8
beans - general - cooked e.g. kidney, pinto, lima, black, mung	1/2 cup	7 to 7.5
chickpeas (garbanzo beans) - cooked	1/2 cup	7
fava or broad beans - cooked	1/2 cup	6.5
green beans - cooked	1/2 cup	6
green peas	1/2 cup	4

NUTS & SEEDS		
almonds - raw	1/2 cup	15
pistachio - raw	1/2 cup	12.5
cashews - raw	1/2 cup	12.5
hazelnuts - raw	1/2 cup	10
Brazil nuts - raw	1/2 cup	9.5
pine nuts - raw	1/2 cup	9
walnuts - raw halves	1/2 cup	7.5
pumpkin seeds - raw	1/2 cup	6
macadamia nuts - raw	1/2 cup	5.5
pecans - raw	1/2 cup	4.5
quinoa - cooked	1/2 cup	4
almond milk	1 cup	1
VEGETABLE SOURCES		
wholemeal or wholewheat pasta	1 cup	7.5
spinach - cooked	1 cup	5
corn on the cob	1	4.5
potato - average	1 medium	4
Brussels sprouts - cooked	1 cup	4
asparagus - cooked	1 cup	4
mushrooms - cooked and sliced	1 cup	4
couscous - cooked	1/2 cup	3
pak choi - cooked	1 cup	2.5
sugar snap peas - cooked	1 cup	2.5
bread - multigrain	1 slice = 25g	3.5
bread - rye	1 slice = 25g	2
brown rice - long grain - cooked	1/2 cup	2.5
white rice - long grain - cooked	1/2 cup	2
sweet potato - mashed	1/2 cup	2.5
broccoli	1 cup	2
cauliflower	1 cup	2
artichoke hearts	100g	2
pumpkin - mashed	1/2 cup	1

FRUIT		
coconut milk	1 cup	5
coconut water	1 cup	1.7
pomegranate	1	4.5
coconut - shredded	1/2 cup	1.3
banana	1 small	1
most fruits	100g	less than 1g
SPREADS & DIPS		
peanut butter - smooth	1 tablespoon	7
tahini	1 tablespoon	2.6
hummus	1 tablespoon	1