

## 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 people commonly eat. The aim is for you to see at a glance which foods are good sources of protein that you enjoy eating.

For an overview of protein and its role in the body, read my blog [Protein power](#).

| FOOD                             | SERVING SIZE    | PROTEIN CONTENT in grams |
|----------------------------------|-----------------|--------------------------|
| <b>MEAT &amp; POULTRY</b>        |                 |                          |
| 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                       |
| <b>SEAFOOD</b>                   |                 |                          |
| 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                      |

| FOOD   | SERVING SIZE    | PROTEIN CONTENT in grams  |
|--|-----------------|---|
| <b>DAIRY</b>   |                 |   |
| 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     |
| <b>milk – whole/ full fat</b>                                    | <b>1 cup</b>    | <b>8</b>  |
| butter   | 1 tablespoon    | 0.1   |
| <b>SOY</b>   |                 |   |
| 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 |
| <b>soy milk – unsweetened</b>                                    | <b>1 cup</b>    | <b>7</b>  |
| miso paste   | 100g<br>1/2 cup | 12<br>16  |
| <b>BEANS &amp; LEGUMES</b>                                       |                 |   |
| 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   |

| FOOD   | SERVING SIZE | PROTEIN CONTENT in grams |
|--|--------------|--------------------------|
| 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                        |
|  |              |                          |
| <b>NUTS &amp; SEEDS</b>  |              |                          |
| 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                        |
|  |              |                          |
| <b>VEGETABLE SOURCES</b>                                       |              |                          |
| 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                      |

| FOOD                             | SERVING SIZE  | PROTEIN CONTENT in grams |
|----------------------------------|---------------|--------------------------|
| 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                        |
|                                  |               |                          |
| <b>FRUIT</b>                     |               |                          |
| 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             |
|                                  |               |                          |
| <b>SPREADS &amp; DIPS</b>        |               |                          |
| peanut butter – smooth           | 1 tablespoon  | 7                        |
| tahini                           | 1 tablespoon  | 2.6                      |
| hummus                           | 1 tablespoon  | 1                        |

