

# Healthy DIRECTIONS

Health Education Information from Johns Hopkins Bayview Medical Center



## PROTEIN CONTENT OF COMMON FOODS

	Portion Size	Grams of Protein
<b>Meats, Poultry, and Fish</b>		
Beef/Turkey Jerky	1 oz dried	10-15
Beef, Pork, Poultry, Fish	1 oz	7
Tuna Fish	1 oz	7
Imitation Crab Meat	1 oz	3
Crabmeat	1 oz	6
Shrimp, Lobster	1 oz	6
Egg	1	6
Baby Food Meat	1 oz	4
Hot Dog, Low-fat	1 oz	3.5
<b>Soy and Vegetable Protein</b>		
Soy milk	8 oz	7
Edamame, fresh or frozen	½ cup	8
Edamame, dry roasted	1 oz	13
Tofu	1 oz	3
<b>Legumes and Nuts</b>		
Lentils	½ cup	9
Lima beans	½ cup	7
Kidney, Black, Navy, Cannellini beans	½ cup	8
Refried beans	½ cup	6
Hummus	⅓ cup	7
Chili with beans, drained	½ cup	10
Peanut butter	2 Tbsp	7
Nuts	1 oz	4-6
Sunflower seeds	1 oz	5
Almond milk	8 oz	1
<b>Milk and Dairy</b>		
Milk, skim, 1%, or Fat free Lactaid	8 oz	8
Higher protein milk, fat free fairlife	8 oz	13
Yogurt, fat free, light	6 oz	5
Greek yogurt, plain, nonfat, light	5 oz	12-18
Cheese, hard (low-fat)	1 oz	7
American cheese, fat free	1 slice (0.7 oz)	5
Cottage cheese, Ricotta (part skim)	2 Tbsp or ½ cup	3.5/14
Sugar free pudding, made with milk	½ cup	4

	<b>Portion Size</b>	<b>Grams of Protein</b>
<b>Grains</b>		
Bread	1 oz slice	3
Cereal	1/2 cup hot 3/4 cup cold	3
High protein cereals	3/4 cup	9
Rice, Pasta	1/3 cup	3
Quinoa	1/3 cup	6
<b>Vegetables</b>		
Fresh, frozen, canned	1/2 cup, 1 cup raw leafy greens	2
<b>Fruit</b>		
Fresh or canned fruit in 100% juice	1 small, 1/2 cup	0

The amount of protein in each food listed above is an average. Protein content of foods may vary slightly depending on manufacturer.

In general, 2 Tablespoons (Tbsp) or a portion of poultry, beef, pork or fish the size of 1/3 of a deck of cards would equal 1 ounce (oz) and provide about 7 grams of protein. A whole deck of cards would equal 3 ounces and provide about 21 grams of protein.

**Dietitian:** \_\_\_\_\_

**For more information, please contact the Johns Hopkins Bayview Medical Center's  
Clinical Nutrition Department at 410-550-1549.**

**To schedule an outpatient nutrition appointment with a dietitian, call 410-550-7728.**