**PROTEIN FOOD GROUPS SERVING SIZE GRAMS PROTEIN**

**MEAT**

***Best****: broiled, roasted, stewed, baked, grilled*

***Limit****: breaded and/or fried*

White Chicken or Turkey Breast Meat 3 oz. 21 g

Lean Ground Beef or Lean cuts of Beef (<85%) 3 oz. 21 g

Pork Tenderloin 3 oz. 21 g

**DAIRY**

***Best****: nonfat (skim) or low-fat types*

***Limit****: high-fat - cream, butter, regular sour cream, regular cheese, whole milk*

Low-fat (1%)/Nonfat Milk 1 cup 8 g

Low-fat/Nonfat Cheese/Mozzarella cheese 1 oz. 8 g

Low-fat/Nonfat Cottage Cheese ½ cup 14 g

Low-fat/Nonfat Yogurt, plain 1 cup 12 g

Kefir 1 cup 9 g

**NON-DAIRY**

Soy Milk, plain 1 cup 10 g

Almond Milk\* (Orgain or Silk Protein) 1 cup 10 g

Soy yogurt 1 container 6 g

Almond Yogurt (Kite Hill) 1 container 5 g

*\*most non-dairy milks are naturally low in protein unless specified*

**EGGS**

***Best****: egg whites, egg substitutes or limit egg yolks and add extra egg whites;*

*boiled, poached, or vegetable omelet using cooking spray*

***Limit****: whole eggs fried in butter, omelets with cheese, sausage and/or ham added*

Whole egg 1 whole 7 g

Egg whites/Egg substitute 2 whites or ¼ cup 7 g

**FISH/SEAFOOD**

***Best****: broiled, baked, grilled*

***Limit****: breaded and/or fried, mixed with mayonnaise*

Fish fillet 3 oz. 21 g

Canned Tuna or Salmon 3 oz. 21 g

Seafood (shrimp, scallops, lobster, etc.) 3 oz. 21 g

Imitation Crabmeat 3 oz. 21 g

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**NUTS & BUTTERS**

Peanuts ¼ cup 7 g

Peanut butter 2 tbsp. 7 g

Almonds 1 oz (24ea.) 6 g

Almond Butter 2 tbsp. 6 g

Walnuts 1 oz (14 halves) 5 g

Cashews 1 ounce (16-18 nuts) 5 g

Cashew Butter 2 tbsp. 6 g

Pistachios 1 ounce (28 nuts) 6 g

Hazelnuts 1 ounce (21 nuts) 4 g

**SOY, SOY PRODUCTS & OTHER MEAT SUBSTITUTES**

***Best****: most soy products are a healthy substitute for beef or sausage and are easy to prepare. Aim for whole soy products like tofu over processed soy if possible.*

***Limit****: those with added cheese, breaded or deep-fried*

Soybeans/Edamame (look like peas in a pod) ½ cup beans 11 g

Tofu, soft (firm & extra firm have more protein) 4 oz. 10 g

Tofu Cheese 1oz. 7 g

Soy Nuts ¼ cup 14 g

Boca Burgers/Gardenburgers 1 burger 12 g/11 g

Gimme Lean Soy Substitute (sausage/beef) 2 oz. 9 g

Beyond Meat “Grilled Chicken Strips” 6 strips 20 g

Beyond Meat “Burger Patties” 1 patty 20 g

Beyond Meat “Beef Crumble” ½ cup 13 g

Seitan (White Wave) 1 serving 31 g

Tempeh 2 oz. 10 g

Miso 2 oz. 6 g

**GRAINS/SEEDS**

***Best****: whole grains in breads, pasta; boiled, use olive oil*

***Limit****: only the starch (endosperm/semolina); made with butter*

Quinoa (whole grain) ¼ cup 7 g

Amaranth ¼ cup 8 g

Barley ¼ cup 6 g

Kamut ¼ cup 7 g

Oats, Steel Cut ¼ cup 7 g

Millet 1 cup 6 g

Brown Rice 1 cup 5 g

Chia Seeds 2 tbsp. 5 g

Sunflower seeds ¼ cup 10 g

**MISCELLANEOUS**

Nutritional Yeast 2 tbsp 8 g

Hummus ⅓ cup 4 g