

Protein counter

| | | | |
|---------|----------|-------------------------------|------|
| Dairy | 1 cup | Cottage cheese, lowfat 2% | 31 |
| | 1 oz | Parmesan Cheese | 10 |
| | 1 cup | Ricotta | 27.7 |
| | 1 oz | Swiss | 8.1 |
| | 1 cup | Buttermilk | 8.1 |
| | 1 cup | Goat milk, whole | 8.7 |
| | 1 cup | Cow milk, 2% | 8.1 |
| | 1 cup | Malted milk | 10.8 |
| | 1 cup | soy, dry instant | 6.6 |
| | 1 cup | soymilk, "Soy Dream" original | 7 |
| Yogurt | 1 cup | Custard style yogurt | 12 |
| | 1 cup | Fruit yogurt, lowfat | 9 |
| | 1 cup | Plain nonfat yogurt | 13 |
| Fish | 3 oz | Halibut | 22.7 |
| | 3 oz | Bass, baked | 23.6 |
| | 3 oz | Catfish | 15.4 |
| | 3 oz | Salmon, pink, cooked | 16.8 |
| | 3 oz | Salmon, poached | 23.3 |
| | 3 oz | Snapper, baked | 22.4 |
| | 3 oz | Tuna, water packed | 25.1 |
| Tofu | 3.2 oz | Firm | 28.8 |
| Beef | 4 oz | Chuck roast | 35.2 |
| | 4 oz | Ground beef, lean pan fried | 24.2 |
| | 4 oz | Liver | 27.6 |
| | 4 oz | T-bone steak | 29 |
| | 4 oz | Tenderloin | 29 |
| Lamb | 4 oz | Leg of lamb | 32 |
| | 4 oz | Chops | 25 |
| | 4 oz | Shoulder | 27 |
| Pork | 3 slices | Bacon | 5.8 |
| | 3.5 oz | Leg, roasted | 25 |
| | 1 | Loin chop | 20 |
| | 3.5 oz | Rump, roasted | 26.6 |
| Eggs | 1 | Chicken, large whole | 6.1 |
| | 1 | Goose, whole | 20 |
| | 1 | Turkey, whole | 10.8 |
| Game | 4 oz | Venison | 34.2 |
| | 3 oz | Rabbit | 28 |
| Chicken | 3.4 oz | Dark, roasted | 26.9 |
| | 3.5 oz | Light, roasted | 29 |
| | 3.5 oz | Whole, stewed | 24.7 |
| Tur-key | 3.5 oz | Dark, roasted | 27.5 |
| | 3.5 oz | Light, roasted | 28.6 |
| Soup | 1/2 cup | Green pea | 12.6 |
| | 1 cup | Clam chowder, New England | 9.5 |
| | 1 cup | Cheese | 9.1 |
| | 1 cup | Bean with franks | 10 |
| | 1 cup | Miso | 32.6 |
| | 1 cup | Split pea with ham | 10.3 |

| | | | |
|---------------------|-------------------------------|-------------------------------------|-------|
| Nuts & Seeds | 1/2 cup | Soybeans, dry roasted | 34 |
| | 3.5 oz | Walnuts | 24.15 |
| | 3.5 oz | Sunflower seeds | 22.75 |
| | 3.5 oz | Pumpkin seeds | 24.5 |
| | 3.5 oz | Peanuts, dry roasted | 23.1 |
| | 3.5 oz | Almonds, dry roasted | 16.1 |
| | 2 T | Peanut butter, chunky | 7.7 |
| | 2 T | Almond butter | 4.8 |
| | 1 cup | Black/pinto beans, refried | 15.8 |
| | 1 cup | Black/pinto beans, whole canned | 11 |
| | 1 cup | Garbanzos, cooked | 14.5 |
| | 1 cup | Kidney beans, canned | 13.5 |
| | 1 cup | Lentils, cooked | 17.9 |
| | 1 cup | Navy beans, canned | 19.7 |
| | 1 cup | Split peas, cooked | 16 |
| | 1 cup | Soybeans, cooked | 28.6 |
| 1 cup | Great northern | 14.8 | |
| Grains | 1 cup | Rolled oats | 13 |
| | 1/4 cup | Toasted wheat | 8.3 |
| | 1 cup | Whole wheat pasta, cooked | 7.5 |
| | 1 | Sprouted wheat bagel (Trader Joe's) | 10 |
| | 1 cup | Barley, whole grain | 19.2 |
| | 1 cup | Rice bran | 11 |
| | 1 cup | Wheat bran | 9 |
| | 1 cup | Millet, cooked | 8.4 |
| | 1 cup | Brown rice, cooked | 4.5 |
| | 1 cup | Chow mien noodles | 5.9 |
| 1 cup | Wild rice, cooked | 6.5 | |
| Flour | 1 cup | Wheat, gluten | 58 |
| | 1 cup | Whole wheat | 16 |
| | 1 cup | Whole wheat pastry | 11 |
| | 1 cup | Soy flour, full fat | 32.1 |
| | 1 cup | Soy flour, defatted | 51.5 |
| | 1 cup | White cake | 8.9 |
| | 1 cup | Buckwheat | 11.7 |
| | 1 cup | Rye, dark | 18 |
| | 1 cup | Rye, light | 8.5 |
| | 1 cup | Cornmeal, whole ground | 11.2 |
| 1 cup | Cornmeal, enriched, de-germed | 10.9 | |
| Vegetables & Fruits | 1 cup | Peas, green | 8.6 |
| | 1 cup | Lentil sprouts | 6.9 |
| | 1 | Potato, large, baked with skin | 4.7 |
| | 1 cup | Soybean sprouts, raw | 9 |
| | 10 halves | Peaches, dried | 4.7 |
| 1 cup | Raisins, packed | 5.3 | |
| Misc. | 1/4 cup | Tamari soy sauce | 6.1 |
| | 1 oz | Protein powder, dry | 17.8 |
| | 1 oz | Brewer's yeast | 11 |