

# Protein Serving Cheat Sheet

Use this tool to identify foods that are high in protein to help you increase your protein intake and meet your daily protein goal.

Remember: 1 protein serving equals 7 grams of protein. The portion for 1 protein serving is listed below each food

Try to include ~4 protein servings at each meal you eat

## ANIMAL PROTEINS

Red Meat



Processed Meat



Poultry



Fish



Seafood



Eggs



One golfball size or



one ounce (30g)

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One egg or 1/4 cup egg whites

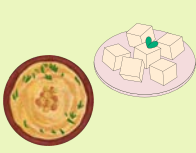
## PLANT PROTEINS

Nuts or Seeds



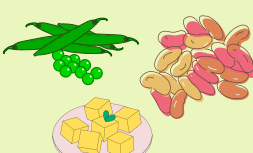
1/4 cup

Hummus Firm Tofu



1/3 cup

Peas, Beans, Lentils Soft Tofu



1/2 cup

Fortified Plant-based Beverages



1 cup

Nut Butters Plant-based Meat Substitutes



1 golfball size or 1 ounce or 2 tbsp

## DAIRY PROTEINS

Cottage Cheese or Ricotta



1/4 cup

Cheese



1 golfball size or one ounce

Regular Milk



1 cup

Regular Yogurt



3/4 cup

High Protein Milk



1/2 cup

High Protein Yogurt



1/3 cup

Kefir



1 cup

## BREADS WITH PROTEIN

Whole Wheat Bagel



1 medium

Whole Wheat Naan or Roti



1 large

Whole Wheat Pita (7" diameter)



1 medium

Whole Wheat, Grainy or Other High Protein Bread



2 slices

## COOKED WHOLE GRAINS WITH PROTEIN

Whole Wheat or Other High Protein Pasta



1/2 cup

Large Flake Oatmeal



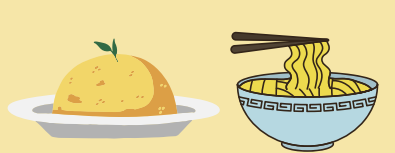
2/3 cup

Spelt, Teff, or Amaranth



3/4 cup

Quinoa, Couscous, Millet, Wild Rice, Egg or Soba Noodles



1 cup

## PROTEIN SUPPLEMENTS AND REPLACEMENTS

Protein Bars



Protein Powders



Protein Drinks or Shakes



Protein Puddings



1 serving equals 7 grams of protein. \*Most protein supplements and replacements will provide multiple protein servings. Read the nutrition label to figure out how many servings the product has!

## OTHER FOODS WITH PROTEIN

There are many other foods that contain protein that are not on this list. Read the nutrition label or look up the nutritional information online to figure out how many protein servings the food has. For example, if a food label says a food has 21 grams of protein, that food provides 3 protein servings

