

Food Portion	Gms of Protein	Food Portion	Gms of Protein
Chicken (3 oz.)	27	Oysters (6 medium)	15.1
Turkey (3 slices: 3 ½ x 2 ¾ x 1 ¼)	28	Egg white (1)	7
Chicken, broiled (¼ chicken)	22.4	Dairy Cottage Cheese (5 - 6 tbsp.)	19.5
Most fish (3 oz.)	20	Non-fat or 1% yogurt or milk (8 oz.)	8.5
Tuna (½ cup)	15.9	Soy milk, low-fat (8 oz.)	4
Tuna (3 oz.)	24	Soy cheese, low-fat (1 oz.)	7
Kidney Beans (½ cup)	7.5	Rice, cooked (½ cup)	2.0
Corn (½ cup)	2.5	Green beans (½ cup)	1.0
Green peas (½ cup)	4.0	Baked potato (1 medium)	3.0
White bread (1 slice)	2.0	Whole Wheat bread (1 slice)	3.0
Typical breakfast cereal (1 serving)	2 – 4	Saltines (4 crackers)	1.0
Tomatoes (1 medium)	1.0	Banana (1 medium)	1.1
Most fruits and vegetables (1 serving: 1/2 cup)	0.3 – 0.8	Bagel 1 medium	7
Pasta, cooked (1 cup)	7	Protein shake mix (1 scoop)	17-25 per scoop