

Protein content of foods

Food source	Amount (g)	Food source	Amount (g)
Adzuki beans (1 cup)	17	Hemp seeds 3Tbs	11
Anchovies (5) 20g	5.8	Hummus 1Tbs	1.2
Almond butter (1Tbs)	2	Kidney beans 175g	6.7
Almonds 33g / Nuts	6.6	Lentils 1C	18
Bacon (2 slices)	10	Macadamias 1/4C	2
Baked beans 100g	6	Muesli (untoasted) 100g	11
Black beans (1 cup)	15	Muesli (toasted) 100g	9
Beef or Lamb (lean) 120grams	25	Oysters (raw) 50g	6
Black rice 1/3C un-cooked	8.5	Peanuts 1/4C	8
Brown rice 1/2 cup cooked	2.3	Peanut butter 1 Tbs	5
Brazil nuts 1/4C	5	Pine Nuts 1/4C	4
Broccoli 1C	4	Pork 100g	20-22
Broad beans 1/2C	5	Pumpkin seeds 1/4C	7
Cannellini beans 100g	17	Quinoa 85g (dry)	12
Cashews 25g (raw)	4	Ricotta cheese (246 g)	28
Cashew butter 2tbs	4	Rolled oats 100g	11-14
Chickpeas 1C	15	Rye bread – (100%) 1 slice	2.7
Chicken breast 100g cooked	20-25	Soymilk 250ml	7
Chia seeds 1Tbs -heaped	4.4	Snapper / Swordfish 85g	21
Cottage cheese 100g	15-18	Salmon 100g	25
Chicken (100g cooked)	20-25	Soy and linseed bread 2 slices	11.5
Chicken sausage 100g	18	Sunflower seeds 33g	7.6
Collagen bar – refer to packet		Tahini 2Tbs	6
1 large egg (boiled)	7	Tempeh 100g	19
1 egg 50g (raw)	5-6	Tofu 100 grams	12
2 egg whites 70 g (raw)	7-8	Tuna 100g (canned)	25
Feta cheese 28g	4	Turkey mince 85g	23
Flaxseed 1/4C	5	Protein powder – refer to package	
Greek yogurt – f/ fat 150g	11-12	Walnuts 1/4C	5
Hazelnut 1/4C	5	Wild rice 1/2C cooked	3.25

