

Protein in your food!

Food	Protein Grams
Cheese	7
Cottage Cheese (whole milk)	7
Dry Milk Powder (Lowfat)	10
Yogurt (plain, nonfat)	10
Lowfat Milk	8
Whole Milk	8
Baked Beans	8
Roasted Soy Nuts	10
Peanuts	10
Almonds	6
Black Walnuts	8
Brazil Nuts	5
4 oz cooked black beans	11
4 oz cooked soy beans	10
4 oz cooked garbanzo beans or chick peas	10
4 oz butter beans or lima beans	9
4 oz cooked lentils	8
4 oz tofu (soybean curd)	8
4 oz kidney beans,	
Black-eyed peas or pinto beans	7
1 tablespoon peanut butter (2 tbsp)	4
Fish and Shellfish	7
Meats and Poultry	7
Processed Luncheon Meats	7
Meat Spreads (chopped, pureed)	7
Egg Salad (1 egg)	7
Chopped Egg (cooked)	6
Egg Substitute (pasteurized)	7