



High Protein Foods

Meat, Fish, and Poultry			
Food	Amount	Grams of Protein	Calories
Chicken, white meat, no skin	1 ounce	9 g	Low
Turkey, white meat, no skin	1 ounce	9 g	Low
Beef jerky	1 ounce	9-14 g	Low
Venison and other game meats	1 ounce	8 g	Low
Tuna, packed in water	1 ounce	8 g	Low
Fish (halibut, cod, tilapia, walleye)	1 ounce	7 g	Low
Ham, Canadian bacon, & pork tenderloin	1 ounce	7 g	Low
Crab and lobster	1 ounce	6 g	Low
Shrimp or scallops	1 ounce	6 g	Low
Luncheon deli meat (chicken, turkey, ham)	1 ounce	5 g	Low
Imitation crabmeat	1 ounce	5 g	Low
Liquid egg substitute	1/4 cup	5 g	Low
Dairy Products			
Pork or veal roast or cutlet	1 ounce	8 g	Medium
Salmon	1 ounce	8 g	Medium
Steak	1 ounce	8 g	Medium
Hamburger	1 ounce	7 g	Medium
Egg	1 large	6 g	Medium
Chicken Nugget	2 nuggets	5 g	Medium
Sausage	1 ounce	6 g	Very High
Hot dog or Bratwurst	1 dog	5 g	Very High
Luncheon meat (salami, bologna, pastrami)	1 ounce	4 g	Very High
Bacon	1 strip	3 g	Very High
Greek yogurt	1/4 cup	10 g	Low
Cottage cheese, low-fat	1/4 cup	7 g	Low
American cheese, fat-free	1 ounce	6 g	Low
Mozzarella cheese stick	1 ounce	7 g	Medium
Ricotta	1/4 cup	7 g	Medium
American cheese, 2%	1 ounce	6 g	Medium
Yogurt, low-sugar (10 grams or less)	1/2 cup	5 g	Medium
Cheddar cheese and other varieties	1 ounce	7 g	High
American cheese	1 ounce	6 g	High
Dried Beans and Nuts			
Tofu	1/4 cup	5 g	Low
Kidney beans, black beans, fat-free	1/4 cup	4 g	Low
Vegan burger (Boca or GardenBurger)	1 patty	7 g	Medium
Refried beans	1/4 cup	4 g	Medium
Baked beans	1/4 cup	3 g	Medium
Soy nuts	1/4 cup	8 g	High
Peanut butter	2 TBSP	8 g	Very High
Sunflower seeds	2TBSP	7 g	Very High
Nuts	1 ounce	4 g	Very High
Low Calorie	0 to 50 calories per serving		
Medium Calorie	51 to 100 calories per serving		
High Calorie	101 to 150 calories per serving		
Very High Calorie	More than 150 calories per serving		