



Protein Sources

Goal: **20g – 30g *per* meal.** Include a small source at snacks for satiety *if needed*.

Type	Healthy Sources	Sizes & Protein Amounts
Animal protein	Lean cuts of red meat, pork, veal, lamb; poultry without skin	3 oz portion (deck of cards sized) = 21-24g protein 1 egg = 6g protein (70kcal) ½ cup egg whites = 13g protein (60 kcal)
Marine protein	Any fish or seafood—baked, broiled, grilled, poached	3 oz portion (deck of cards sized) = 20g protein ½ can tuna = 12g protein (65kcal)
Plant protein	Legumes such as beans, lentils, chickpeas, etc; soy products; nuts. <i>Note:</i> pasta, bread, quinoa, amaranth also contain protein, but not as a main source. Look at the nutrition label for amounts.	¾ c legumes (beans and lentils) = 10g protein ¼ c nuts= 3-8g protein Pumpkin seeds = 10g per 1/4c. 1 tbsp hempseeds = 4g protein 2 tbsp peanut butter = 8g protein (200kcal) ¾ c Kashi Cereal = 9g protein
Milk & Alternatives	Skim or 1% M.F. milk; low fat yogurt; lower fat cheese; soy beverages, greek yogurt, cottage cheese	1 c milk = 8g protein 1 c soy milk = 7g protein ½ c of plain Greek yogurt or cottage cheese = 12-14g protein 1 oz cheese = 7g (¼ c shredded or 2 dice)