

## ***PRINTABLE PROTEIN COUNTER***

### **Dairy Products**

Milk, 1 C.	8gm
Cheddar/Swiss, 1 oz.	7gm
Processed Cheese, 1 oz.	6gm
Cottage Cheese, 1/2C.	12gm
Ice Cream, 1 C.	6gm
Yogurt, 1 C.	7gm
Butter, 1 tbsp.	0.1gm
Sour Cream 1oz.	2.25gm
Cream Cheese, 1oz	2 gm

### **Meats**

Bologna, 1 oz.	3.8gm
Beef, 3oz.	20gm
Chicken, 3oz.	25gm
Egg, 1	6gm
Hot Dog,	1 7gm
Turkey, 3oz.	27gm
Pork, 3oz.	21gm
Liver, 3 1/2oz.	26gm
Sausage Links, 4oz	11gm

### **Fish**

Crabmeat, cooked 4oz	14gm
Clams, Steamed 4oz	12 gm
Haddock, 3oz.	16gm
Salmon, 3oz.	17gm
Shrimp 4oz	20gm
Halibut, 3 1/2oz.	26gm
Tuna, canned 4oz	28gm
Scallops, baked 4oz	17 gm
Lobster, steamed 4oz	19gm

### **Carbohydrates**

Potato, medium	2gm
Rice, 1C. (Brown)	6gm
Corn, 1C.	5gm
Noodles, 1C.	6gm
Sweet Potato, medium	2gm

Bread, 1 slice	2gm
Crackers, 4 saltines	1gm
Doritos, 9/16 oz.	1gm
Fritos, 1 oz.	2gm
Potato Chips, 16 pcs.	0.8gm
Tortillas,	1 1.2gm
<b><u>Cereals</u></b>	
Cheerios, 1 1/4C.	3.8gm
Granola, 1/4 C.	4gm
Shredded Wheat, 2/3 C.	3gm
Wheat Germ, 1 Tbsp.	2gm

### **Nuts**

Almonds 4oz	21gm
Cashews 4oz	19gm
Pecans 4oz	10gm
Peanut Butter, 1 tbsp.	4gm
Peanuts, 1/4 C.	9gm
Sesame seeds 2oz	5gm
Sunflower seeds 2oz	13 gm
Walnuts, 1/4 C.	6gm

### **Beans**

Pinto Beans, 1/2 C.	7gm
Navy Beans, 1/2 C.	7gm
Kidney Beans, 1/2 C.	7gm
Tofu 4oz	9gm
Soymilk powder 1oz	12gm

### **Fruit & Juice**

Apple, 1 med.	0.3gm
Avacado	4gm
Cantaloupe, ¼	1gm
Cranberry juice 1C	trace
Grape Juice, 4 oz.	0.3gm
Grapefruit Juice 1C	1gm
Grapes 1C	1gm
Lemon 1 medium	2.5gm

Nectarine 1 medium	1gm
Orange, 1 med.	1.6gm
Orange Juice, 1/2 C.	1gm
Peach, 1 med.	0.6gm
Pineapple Juice 1C	1gm
Pumpkin (raw) 1C	2.5gm
Raisin 1/2 C	2gm
Rhubarb (cooked) 1C	1gm
Strawberries 1C	1gm
Vegetable Juice, 4 oz.	1gm

### **Vegetables**

Asparagus 6 spears	2gm
Broccoli 1C	5gm
Cabbage, 1/2 C. cook	1.2gm
Carrot, 1	0.6gm
Cauliflower, cooked 1C	3gm
Celery, 1 lg. Stalk	0.3gm
Cucumber, 1/8 lb.	0.2gm
Egg Plant, cooked 1C	2gm
Green Beans, 1/2 C.	0.8gm
Kale, cooked 1C	5gm
Lettuce, 1/2 C.	0.3gm
Tomato, 1	1gm
Spinach, 1/4 C.	1gm
Squash, cooked 1C	2gm

### **Soups**

Vegetable Soup, 1 C.	3gm
Beef Broth, 1 C.	5gm
Chicken Noodle, 1 C.	3.4gm
Chili & Beans, 1 C.	18gm

### **Sugar foods**

Caramels,	trace
Colas,	0gm
Honey 2Tbs	trace
White Sugar,	0gm

# More Protein!!!

## Add to salad:

Hard boiled eggs  
Sunflower Seeds  
Cheese  
Nuts  
Cooled Cooked Beans

## Add to sandwiches:

Cheese  
Sunflower Seeds  
Bean Spread  
Scrambled Egg  
Slice of Meat  
Slice of Tofu

## Add to baked goods

Non-fat Dry Milk  
Soy Flour  
Egg  
Wheat Germ  
Nuts

## Add on the side

Yogurt  
Deviled Eggs  
Cottage Cheese  
Granola  
Beans and Corn

## Add as a snack

Milk Shakes  
Cheese  
Yogurt  
Frozen Yogurt  
Cold Cooked Shrimp  
Nuts  
Bean Dip

## Add as a topping

Cheese  
Granola  
Yogurt  
Roasted Nuts  
Wheat Germ  
Seeds

## Combine Proteins

Rice and Legumes  
Corn and Legumes  
Wheat and Legumes  
Wheat and Sesame  
Rice and Sesame  
Vegetables and Mushrooms  
Vegetable and Nuts  
Vegetable and Sesame Seeds

## Remember:

\* Aim for 80 – 100 grams of protein\*  
every day!