

Foods that Pack a Protein Punch

Protein should make up half your plate. Start with eating your protein first!

The grams of protein listed are based on serving sizes. Keep in mind you may not be able to eat an entire serving, so a food item that is high in protein per serving may not be high for you.

Just because foods are high in protein does not mean they are low in carbohydrates or total fat (those which you should limit). When in doubt, read other nutrients on the nutrition facts label to be confident you have a healthy product.

Food Item	Serving Size	Protein (grams)	Calories
Beans-baked, canned	½ cup	6	120
Beans-black, cooked	½ cup	8	114
Beans-kidney, cooked	½ cup	8	113
Beef-chucked roast (lean)	3oz	26	215
Beef-corned beef, canned	3oz	23	213
Beef-ground 90% lean	3oz	21	173
Beef-top sirloin	3oz	25	151
Cheese-cottage, 1%	½ cup	14	80
Cheese-ricotta, part skim	½ cup	14	170
Chicken-breast, baked	½ breast	27	142
Chicken-canned with broth	2.5 oz	16	117
Crab-blue, canned	½ cup	12	56
Crab-king, boiled	3oz	16	82
Egg-whole, hardboiled	1 large	6	78
Fish-cod, baked	3oz	16	72
Fish-flounder, baked	3oz	13	73
Fish-haddock, baked	3oz	17	77
Fish-halibut, baked	3oz	19	94
Fish-salmon, canned in water	3oz	17	110
Fish-salmon, baked	3oz	22	144
Fish-tuna, canned in water	3oz	22	99
Lamb-loin (lean)	3oz	25	184
Lobster-cooked	3oz	16	76
Milk-Mootopia or Fairlife	8oz (1cup)	12/13	90/80
Pork-center loin	3oz	23	153
Pork-shoulder roast (lean)	3oz	23	165
Shrimp-canned	3oz	17	85
Soybeans-cooked	½ cup	14	149
Soymilk	8oz (1cup)	8	132
Tofu-firm	½ cup	10	88
Tofu-soft	1 cup	16	151
Turkey-light meat, roasted	3oz	25	132
Yogurt-Greek, plain, fat-free	6oz	18	
Yogurt-plain, fat-free	6oz	5	75

