

PROTEIN IN FOOD

Protein in food

Dairy Products

Non-fat Cottage Cheese 1/2 C	14g
Milk, 1 C	8g
Cheddar/Swiss, 30g	7g
Yogurt, 1 C	7g

Meats

Turkey Breast, 90g.	25g
Chicken, 90g.	25g
Pork, 90g.....	21g
Beef, 90g.	20g
Lean Red Meat, 90g (Cooked weight)	25g
Egg (1)	6g
Egg Whites (7)	25g

Fish

Halibut, 105g.....	26g
Salmon, 90g.	17g
Haddock, 90g.	16g
Tuna (Water Pack) 120g	27g
Shrimp, Crab, Lobster 120g	22-24g

Nuts

Walnuts, 1/4 C	6g
Peanut Butter, 1 tbsp.	4g

Beans

Navy, Kidney, Pinto Beans, 1/2 C.	7g
Tofu (firm) 1/2 C	20g
Lentils 1/2 C Cooked	9g
Black Beans 1/2 C Cooked	15g

Herbalife foods

Shake w/ milk	18g
Snack Bars	12g

Published Date: **10 Oct 2013**