

PROTEIN GRAMS PER SERVING

Reference Guide – Standard Serving Sizes

FOOD ITEM	SERVING SIZE	PROTEIN (G)
MEAT & POULTRY		
Chicken Breast (Cooked)	3 oz (85g)	26g
Lean Ground Beef	3 oz (85g)	22g
Turkey Breast	3 oz (85g)	24g
SEAFOOD		
Salmon Fillet	3 oz (85g)	22g
Tuna (Canned in Water)	1 Can (5 oz)	32g
Shrimp (Cooked)	3 oz (85g)	20g
DAIRY & EGGS		
Greek Yogurt (Plain)	1 Cup (245g)	23g
Cottage Cheese (Low Fat)	1/2 Cup	14g

FOOD ITEM	SERVING SIZE	PROTEIN (G)
Whole Large Egg	1 Egg	6g
PLANT-BASED		
Tofu (Extra Firm)	3 oz (85g)	9g
Lentils (Cooked)	1/2 Cup	9g
Black Beans (Cooked)	1/2 Cup	8g
Peanut Butter	2 Tbsp	7g
Quinoa (Cooked)	1 Cup	8g

Values are approximate. Refer to specific packaging for exact nutritional data.