

# Protein Content of Foods

Plan your meals each day to include high protein foods.

Use this chart to select foods that will help you meet the protein goal you have been given.

*Remember: 1 ounce of meat is approximately the size of a matchbook.*

Food/Beverage	Serving Size	Protein Content (grams)	Food/Beverage	Serving Size	Protein Content (grams)
<u>Dairy Products</u>			<u>Pork</u>		
Cheese			Ham .....	1 ounce	7.0
Cottage Cheese .....	1/4 cup	7.0	Roast .....	1 ounce	7.0
Skim Milk Mozzarella .....	1 ounce	6.0	Fat-free Hot Dog .....	1 ounce	4.0
Fat Free American .....	1 slice	6.0			
Fat Free Cheddar, Shredded ..	1/4 cup	9.0	<u>Seafood</u>		
Low-fat Milk .....	1/4 cup	2.0	Fish, Baked .....	1 ounce	6.0
Non-fat Dry Milk .....	1 tablespoon	1.5	Salmon, Steaks or Water Packed	1 ounce	5.5
Buttermilk .....	1/4 cup	2.0	Tuna, Packed in Water .....	1 ounce	10.0
Evaporated Skim Milk .....	1/4 cup	4.8			
Sugar-free Pudding .....	1/4 cup	2.0	<u>Vegetables</u>		
Sugar-free Carnation			Fat-free Refried Beans .....	1/4 cup	4.5
Instant Breakfast .....	1/4 cup	5.3	Black Beans, Cooked .....	1/4 cup	3.5
Yogurt Sugar Free, No Seeds .....	1/4 cup	3.0	Hummus .....	1/4 cup	1.4
Soy Milk Light .....	1/4 cup	2.0	Baked Potato, No Skin .....	1/4 cup	1.0
			Mashed Potato .....	1/4 cup	1.0
			Tofu .....	1/4 cup	4.5
<u>Fruit</u>			Vegetables .....	1/4 cup	1.0-1.5
Fruit .....	1/4 cup	0.0	Soy Burger .....	1/2 Patty	5.0
Fruit Juices .....	1/2 cup	0.0	Soy Crumbles .....	1/3 cup	5.0
<u>Beef</u>			<u>Miscellaneous</u>		
Hamburger, 93% Lean .....	1 ounce	7.0	Chili .....	1/4 cup	4.8
Liver .....	1 ounce	7.7	Spaghetti Meat Sauce .....	1/4 cup	4.0
Roast .....	1 ounce	6.3	Taco Seasoned Meat .....	1/4 cup	7.0
Sirloin Steak .....	1 ounce	8.0	Deli Sliced Meats .....	1 ounce	5.0
			Chicken, Turkey, Lean Ham and Beef		
<u>Poultry</u>					
Chicken, Roasted No Skin .....	1 ounce	9.0			
Turkey, Roasted No Skin .....	1 ounce	8.3			
Egg, Medium Size .....	1 egg	6.0			
Egg White Only .....	1 egg	3.0			
Egg Substitute .....	1/4 cup	6.0			

Ways to cook food in order to cut down on calories are to bake, broil, boil, grill, steam, or roast foods instead of frying. **BEWARE** - you may have problems tolerating high-fat, greasy foods after surgery. Season foods with herbs and spices instead of creams, sauces, and fats. Marinate meat to tenderize, flavor, and moisten.