

List of Foods High in Protein

Fish (3 oz = 19 grams)	Shrimp (8 large = 10 grams)	Canned Seafood (1 can = 21 grams)
Pork (1 oz = 7 grams) (3 oz = 22 grams) Ham (1 oz = 6 grams) Canadian Bacon (1 oz = 8 grams)	Beef (1 oz = 9 grams) (3 oz = 26 grams)	Chicken Grilled breast (3 oz = 25 grams)
Turkey (Roasted 3 oz = 24 grams)	Eggs (1 large = 6 grams)	Protein Powder (1 scoop = approx. 25 grams) Read label.
Milk Cow's Milk (8 oz = 8 grams)	Oral Liquid Supplement (8 oz Glucerna = 10 grams) (8 oz Ensure = 9 grams) Read labels for liquid nutrition supplements.	Yogurt Regular yogurt 6 oz = 9 grams. Read label. Greek Yogurt 6 oz = 17 grams). 2 TBSP Greek yogurt = 6 grams. Read label.
Cottage Cheese 4 oz (half cup) = 14 grams	Cheese Cheese Stick = 6 grams) Shredded (1/2 cup = 14 grams) Cheese (1 oz = 6 grams)	Frozen Yogurt (1 cup = 5 grams)
Nuts (20 Almonds = 5 grams) (40 Pistachios = 6 grams) (1/4 cup walnuts = 5 grams)	Nut Butters Peanut Butter or Almond Butter (2 TBSP = 7 grams)	Seeds Sunflower (1/2 c. no hulls= 12 grams, with hulls = 5 grams.) Chia Seeds (2 TSBP = 5 grams)
Chickpeas (1/2 cup = 7 grams)	Hummus (1/4 cup = 5 grams) Tahini (2 TBSP)~5 grams	Beans Black, Navy, Pinto, Kidney (1/2 cup = 8 grams)
Edamame (1/2 cup = 9 grams)	Tofu (1/4 cup = 6 grams)	Soy Milk (1 cup = ~ 7 grams) read labels
High Protein Oats (1/2 cup = 5 grams) Quinoa (1 cup = 8 grams)	Protein Bars (5+ grams/bar. Read label, protein amounts vary)	High Protein Bread Read labels, protein amounts vary.

This is not an all-inclusive list, and amounts are averages; some brands vary. Always read labels.