

High Protein Foods

High protein foods help your body in many ways. They maintain your muscles and keep your immune system strong. They even repair tissue that may be damaged during treatment. When it's difficult to eat, protein rich foods give you more calories.

Each individual's calorie and protein needs will vary. If you have any questions, contact your dietitian.



MEAT (3 oz)	Protein (grams)
Beef jerky	30-45
Beef	21
Chicken	21
Pork	21
Turkey	21
Lamb	21
Venison	21
Bacon (1 slice)	3
Sausage (1 small link)	4

SEAFOOD (3 oz)	Protein (grams)
Scallops	27
Fish (salmon/tuna/halibut)	24
Clams	22
Shrimp	21
Crab	18
Lobster	18
Oysters	12

NUTS/SEEDS (2 tablespoons)	Protein (grams)
Peanut butter	8
Almond butter	7
Sunflower seeds	5
Nuts (any kind)	4-6
Chia seeds	3
Flax seeds	3

LEGUMES (1/2 cup)	Protein (grams)
Tofu	10
Hummus	9
Edamame	9
Lentils	8
Cannellini beans	8
Black/Garbanzo/Kidney beans	8
Split peas	8
Green peas	4.5
Soy milk	3.5

GRAINS (1 cup)	Protein (grams)
Cooked quinoa	18
High protein cereal (Kashi Go)	12
Dave's Killer bread (1 slice)	5
Cooked white rice	4

NUTRITION SUPPLEMENTS (Per bottle/carton)	Protein (grams)
Premiere protein shake	30
Ensure Complete	16
Kate Farms 1.0	16
Boost Plus	14
Orgain shake	16
Ensure Clear	8

DAIRY	Protein (grams)
1/2 cup cottage cheese	14
6 oz Greek yogurt	13
1 cup milk	8
1 oz. cheese	7
1/2 cup pudding	7
6 oz light yogurt	5

OTHER (1)	Protein (grams)
Large Egg	6

Source: Today's Dietitian, Nutrition Care Manual High Protein Foods List