

Dietary protein sources

Food	Serving size	Protein (g)	Energy (kJ)	Food	Serving size	Protein (g)	Energy (kJ)
Salmon	85 g	19	732	Almonds, raw	~ 23 nuts (28 g)	6	687
Shrimp	85 g	20	351	Pistachios, raw	~ 50 nuts (28 g)	5.7	664
Chicken breast, roasted without skin	½ breast (80 g)	27	594	Cashew nuts, raw	~ 20 nuts (28 g)	5.1	649
Lean beef, sirloin steak	85 g	25	777	Walnuts, raw	~ 14 halves (28 g)	4.3	776
Tuna, canned in water without salt	1 small can (95 g)	22.4	509	Peanuts, raw	½ cup (73 g)	19	1735
Eggs	1 large	6	326	Peanut butter, no added sugar	1 tbsp (16 g)	3.9	394
Cottage cheese, low fat	1 cup (226 g)	28	681	Pumpkin seeds	¼ cup (28 g)	9	660
Swiss cheese	2 slices (40 g)	11	636	Flax seeds	3 tbsp (28 g)	5.2	632
Mozzarella cheese, low sodium	2 slices (40 g)	11	469	Sunflower seeds	3 tbsp (25 g)	5.2	611
Cheddar cheese	2 slices (40 g)	10	675	Chia seeds	3 tbsp (28 g)	4.7	577
Greek yoghurt	1 cup (280 g)	28.5	680	Hemp seeds	3 tbsp (30 g)	9.4	816
Dairy milk, whole	1 cup	8	623	Sesame seeds	3 tbsp (28 g)	5	664
Almond milk plain, unsweetened	1 cup	1.4	151	Tahini	1 tbsp (15 g)	2.5	372
Soy milk, regular	1 cup	6.4	438	Chickpeas, cooked	1 cup (164 g)	14.5	1,126
Oat milk	1 cup (243 g)	4.7	544	Kidney beans, cooked	1 cup (177 g)	15.3	942
Oats, raw	1 cup (95 g)	12.5	1,505	Pinto beans, boiled	1 cup (171 g)	15.4	1,026
Brown rice, medium-grain, cooked	1 cup (195 g)	4.5	913	Adzuki beans, boiled	1 cup (230 g)	17.3	1,231
Quinoa, cooked	1 cup (185 g)	8	928	White/Cannellini beans, boiled	1 cup (180 g)	17.4	1,043
Lentils, boiled	1 cup (198 g)	18	961	Mushrooms, raw	1 cup (70 g)	2.2	65
Tofu, firm, raw	½ cup (126 g)	22	760	Broccoli, raw, chopped	1 cup (96 g)	3	130
Tempeh, cooked	100 g	19	821	Brussel Sprouts, boiled	½ cup (78 g)	2	117
Soybeans, boiled	1 cup (172 g)	29	1,248	Spirulina, dried	1 tbsp (7 g)	4	85
Edamame, in pod, cooked	1 cup (93 g)	11.1	470	Nutritional yeast	1 tbsp (5 g)	3	84



More info & references: vital.ly/hub/protein-summary-sheet