

Dietary Sources of Protein

Food	Serving	Weight in grams	Protein grams	% Daily Value
Hamburger, extra lean	6 ounces	170	48.6	97
Chicken, roasted	6 ounces	170	42.5	85
Fish	6 ounces	170	41.2	82
Tuna, water packed	6 ounces	170	40.1	80
Beefsteak, broiled	6 ounces	170	38.6	77
Cottage cheese	1 cup	225	28.1	56
Cheese pizza	2 slices	128	15.4	31
Yogurt, low fat	8 ounces	227	11.9	24
Tofu	1/2 cup	126	10.1	20
Lentils, cooked	1/2 cup	99	9	18
Skim milk	1 cup	245	8.4	17
Split peas, cooked	1/2 cup	98	8.1	16
Whole milk	1 cup	244	8	16
Lentil soup	1 cup	242	7.8	16
Kidney beans, cooked	1/2 cup	87	7.6	15
Cheddar cheese	1 ounce	28	7.1	14
Macaroni, cooked	1 cup	140	6.8	14
Soymilk	1 cup	245	6.7	13
Egg	1 large	50	6.3	13
Whole wheat bread	2 slices	56	5.4	11
White bread	2 slices	60	4.9	10
Rice, cooked	1 cup	158	4.3	9
Broccoli, cooked	5 inch piece	140	4.2	8
Baked potato	2x5 inches	156	3	6
Corn, cooked	1 ear	77	2.6	5

Nutritive Value of Foods, USDA