

Protein Content of Common Foods

Item	Amount	Protein (gm)
Egg (whole)	1	6
Egg White	1	3
Egg Yolk	1	3
Fish/ Chicken/ Meat	1 oz.	7-8
Soymilk	8 oz.	6-8
Milk	8 oz.	8-11
Yogurt	8 oz.	8-12
Cheese	1 oz.	6-8
Beans (cooked)	½ cup	7-8
Nuts (without shells)	½ cup	10-15
Seeds (without shells)	¼ cup	9-10
Tofu	4 oz.	7-8
Peanut Butter	2 Tbsp.	8
Bread	1 slice	2-3
Rice (cooked)	1 cup	3-4
Oatmeal/ Cereal	1 cup	3-5
Noodles	1 cup	5
Crackers	4	1
Fruit	1	Less than 1
Vegetables	1 cup	Less than 1

HIGH PROTEIN FOODS

Milk/Soymilk	Meat/Poultry	Dried Beans and Peas
Yogurt	Seafood/Fish	Peanut Butter
Cheese	Eggs	Nuts and Seeds
Bean Curd (Tofu)		

LOW PROTEIN FOODS

Rice/Porridge	Crackers	Juices
Noodles	Bread	Vegetables
Cereal	Fruits	

AGE (yr.)

DAILY PROTEIN REQUIREMENT (gm)

1 – 3	13
4 – 8	19
9 – 13	34
14 – 70+ (male)	52-56
14 – 70+ (female)	46
Pregnant or Breastfeeding	71

Persons on a protein restricted diet should limit their daily intake to less than 40 gm.