



# Protein Counter

Looking for protein? Also check the calories and serving size.

	Calories	Protein (g)
Chicken or turkey breast, skinless (4 oz.) <sup>1</sup>	180	35
Beef or pork (4 oz.) <sup>1</sup>	280	30
Shrimp (4 oz.)	120	27
Salmon (4 oz.)	160	27
Tempeh (4 oz.)	220	23
Greek yogurt, plain, 0% (6 oz.)	100	17
Morningstar Farms Grillers Prime Veggie Burgers (1)	150	16
Starbucks Nonfat Caffè Latte (grande)	130	13
Cottage cheese, 2% (½ cup)	90	12
Canned tuna, light, in water (2 oz. drained)	50	11
Tofu, extra-firm (4 oz.)	110	11
Sliced deli turkey breast (2 oz.)	60	10
Soy nuts (¼ cup)	100	10
Yogurt, plain, nonfat (6 oz.)	100	10
Edamame, shelled (½ cup)	90	9
Spaghetti (1 cup cooked)	240	9
Milk, nonfat (1 cup)	80	8
Silk Original Soymilk (1 cup)	110	8
Beans (½ cup cooked) <sup>1</sup>	120	8
Quinoa (1 cup cooked)	220	8
Cheddar or Swiss cheese (1 oz.) <sup>1</sup>	110	7
Almond or peanut butter (2 Tbs.) <sup>1</sup>	190	7
Egg, large (1)	70	6
Brie or goat cheese (1 oz.) <sup>1</sup>	90	6
Gardenburger The Original Veggie Burgers (1)	110	5
Nuts (¼ cup) <sup>1</sup>	170	5
Whole wheat bread (1 slice, 1.5 oz.)	80	4
Campbell's Condensed Chicken Noodle Soup (1 cup prepared)	60	3
Frozen yogurt or ice cream (⅔ cup) <sup>1</sup>	160	3
Hummus (2 Tbs.)	70	2
Cream cheese (1 oz.)	100	2
Silk Original Almondmilk or Coconutmilk (1 cup) <sup>1</sup>	70	1

<sup>1</sup> Average. Source: USDA National Nutrient Database for Standard Reference and company information.