

Protein Sources by Food Group

Meat & poultry protein sources	 Beef (lean cuts like sirloin, tenderloin) 3 oz, 21-23 grams protein	 Venison (deer meat) 3 oz, 23 grams protein	 Bison 3 oz, 22-24 grams protein	 Chicken (skinless, boneless breast) 3 oz, 24 grams protein	 Turkey (skinless, boneless breast) 3 oz, 26 grams protein
Seafood protein sources	 Salmon 3 oz, 22-25 grams protein	 Tuna (canned, drained) 3 oz, 23 grams protein	 Cod 3 oz, 19 grams protein	 Trout 3 oz, 19 grams protein	 Shrimp 3 oz, 18 grams protein
Egg & dairy protein sources	 Milk 1 cup, 8 grams protein	 Cheese (cheddar, mozzarella, parmesan, etc.) 1 oz, 6-7 grams protein	 Plain, low-fat yogurt 1 cup, 10 grams protein	 Cottage cheese 1/2 cup, 12 grams protein	 Plain, low-fat Greek yogurt 1 cup, 20 grams protein
Grain protein sources	 Quinoa 1 cup (cooked), 8 grams	 Brown Rice 1 cup (cooked), 5 grams	 Oats 1 cup (cooked), 8 grams	 Barley 1 cup (cooked), 4 grams	 Wheat (Bulgur, Farro) 1 cup (cooked), 8 grams
Nuts & seeds protein sources	 Almonds 6 grams	 Peanuts 7 grams	 Hemp Seeds 9 grams	 Pumpkin Seeds 7 grams	 Sunflower Seeds 6 grams
Legume protein sources	 Lentils 1/2 cup (cooked), 9 grams protein	 Chickpeas 1/2 cup (cooked), 7 grams protein	 Black Beans 1/2 cup (cooked), 8 grams protein	 Kidney Beans 1/2 cup (cooked), 8 grams protein	 Soybeans (Edamame) 1/2 cup (cooked), 8 grams protein
Plant-based protein sources	 Firm Tofu 8.8 grams protein, 3 oz	 Extra Firm Tofu 8.5 grams protein, 3 oz	 Tempeh 16.1 grams protein, 3 oz	 Seitan 21.2 grams protein, 3 oz	 Textured Vegetable Protein (TVP) 42.5 grams protein, 3 oz (dry weight)

The protein content values can vary slightly depending on the brand and preparation method.

Food Protein Sources

M Carnoy



Food Protein Sources:

Unveiling the Magic of Words: A Review of "**Food Protein Sources**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Food Protein Sources**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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