

PRINTABLE PROTEIN COUNTER

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|-------------------------|--------|--------------------------|---------|------------------------|-------|
| <u>Dairy Products</u> | | Bread, 1 slice | 2gm | Nectarine 1 medium | 1gm |
| Milk, 1 C. | 8gm | Crackers, 4 saltines | 1gm | Orange, 1 med. | 1.6gm |
| Cheddar/Swiss, 1 oz. | 7gm | Doritos, 9/16 oz. | 1gm | Orange Juice, 1/2 C. | 1gm |
| Processed Cheese, 1 oz. | 6gm | Fritos, 1 oz. | 2gm | Peach, 1 med. | 0.6gm |
| Cottage Cheese, 1/2C. | 12gm | Potato Chips, 16 pcs. | 0.8gm | Pineapple Juice 1C | 1gm |
| Ice Cream, 1 C. | 6gm | Tortillas, | 1.1.2gm | Pumpkin (raw) 1C | 2.5gm |
| Yogurt, 1 C. | 7gm | <u>Cereals</u> | | Raisin 1/2 C | 2gm |
| Butter, 1 tbsp. | 0.1gm | Cheerios, 1 1/4C. | 3.8gm | Rhubarb (cooked) 1C | 1gm |
| Sour Cream 1oz. | 2.25gm | Granola, 1/4 C. | 4gm | Strawberries 1C | 1gm |
| Cream Cheese, 1oz | 2 gm | Shredded Wheat, 2/3 C. | 3gm | Vegetable Juice, 4 oz. | 1gm |
| <u>Meats</u> | | Wheat Germ, 1 Tbsp. | 2gm | <u>Vegetables</u> | |
| Bologna, 1 oz. | 3.8gm | <u>Nuts</u> | | Asparagus 6 spears | 2gm |
| Beef, 3oz. | 20gm | Almonds 4oz | 21gm | Broccoli 1C | 5gm |
| Chicken, 3oz. | 25gm | Cashews 4oz | 19gm | Cabbage, 1/2 C. cook | 1.2gm |
| Egg, 1 | 6gm | Pecans 4oz | 10gm | Carrot, 1 | 0.6gm |
| Hot Dog, | 1.7gm | Peanut Butter, 1 tbsp. | 4gm | Cauliflower, cooked 1C | 3gm |
| Turkey, 3oz. | 27gm | Peanuts, 1/4 C. | 9gm | Celery, 1 lg. Stalk | 0.3gm |
| Pork, 3oz. | 21gm | Sesame seeds 2oz | 5gm | Cucumber, 1/8 lb. | 0.2gm |
| Liver, 3 1/2oz. | 26gm | Sunflower seeds 2oz | 13 gm | Egg Plant, cooked 1C | 2gm |
| Sausage Links, 4oz | 11gm | Walnuts, 1/4 C. | 6gm | Green Beans, 1/2 C. | 0.8gm |
| <u>Fish</u> | | <u>Beans</u> | | Kale, cooked 1C | 5gm |
| Crabmeat, cooked 4oz | 14gm | Pinto Beans, 1/2 C. | 7gm | Lettuce, 1/2 C. | 0.3gm |
| Clams, Steamed 4oz | 12 gm | Navy Beans, 1/2 C. | 7gm | Tomato, 1 | 1gm |
| Haddock, 3oz. | 16gm | Kidney Beans, 1/2 C. | 7gm | Spinach, 1/4 C. | 1gm |
| Salmon, 3oz. | 17gm | Tofu 4oz | 9gm | Squash, cooked 1C | 2gm |
| Shrimp 4oz | 20gm | Soymilk powder 1oz | 12gm | <u>Soups</u> | |
| Halibut, 3 1/2oz. | 26gm | <u>Fruit & Juice</u> | | Vegetable Soup, 1 C. | 3gm |
| Tuna, canned 4oz | 28gm | Apple, 1 med. | 0.3gm | Beef Broth, 1 C. | 5gm |
| Scallops, baked 4oz | 17 gm | Avacado | 4gm | Chicken Noodle, 1 C. | 3.4gm |
| Lobster, steamed 4oz | 19gm | Cantaloupe, 1/4 | 1gm | Chili & Beans, 1 C. | 18gm |
| <u>Carbohydrates</u> | | Cranberry juice 1C | trace | <u>Sugar foods</u> | |
| Potato, medium | 2gm | Grape Juice, 4 oz. | 0.3gm | Caramels, | trace |
| Rice, 1C. (Brown) | 6gm | Grapefruit Juice 1C | 1gm | Colas, | 0gm |
| Corn, 1C. | 5gm | Grapes 1C | 1gm | Honey 2Tbs | trace |
| Noodles, 1C. | 6gm | Lemon 1 medium. | 2.5gm | White Sugar, | 0gm |
| Sweet Potato, medium | 2gm | | | | |