

Protein Content of Selected Foods

Food	Amount	Protein (g)
Meat (lean ground beef)	3 oz	21
Chicken (roasted breast)	3 oz	26
Fish (halibut)	3 oz	23
Egg	1 large	6
Milk	8 oz	9
Cheese	1 oz	7
Beans (dried)	½ cup cooked	8
Lentils	½ cup cooked	9
Peanuts	¼ cup	10
Almonds	¼ cup	8
Sunflower seeds	1 oz	6
Rice (white)	½ cup cooked	2
Rice (brown)	½ cup cooked	2.5
Spaghetti noodles	½ cup cooked	3.5
Potato (baked)	1 large (~7 oz)	5
Sweet potato	½ cup cooked	1
Bread (white)	1 slice	2
Bread (whole wheat)	1 slice	2.5-3

Legend: g = gram; oz = ounce

Reference: Dunford M, Doyle A. Nutrition for Sport and Exercise, 2nd edition. Wadsworth Publishing: 2008.