



# Quality Protein Sources

## Serving Tip

1 oz meat/fish = 7 g protein

3 oz meat/fish = size of a deck of cards when cooked = 1 serving

Protein Source	Amount	Grams of Protein (g)
Tofu	1 oz	2
Pork bacon	1 slice	3
Cashews	¼ cup	5
Soy milk	1 cup	6-10
Soft and medium cheeses (mozzarella, brie, cheddar, etc.)	1 oz	6-8
Sunflower seeds	¼ cup	6
Peanut butter	2 tbsp	7
Beans (black, pinto, peas)	½ cup	7-10
Egg	1	7
Milk (cow's)	1 cup	8
Flaxseeds	¼ cup	8
Almonds	¼ cup	8
Quinoa	1 cup, cooked	8
Peanuts	¼ cup	9
Lentils	½ cup	9
Hard cheeses (parmesan, etc.)	1 oz	10
Cottage cheese	½ cup	15
Pumpkin seeds	¼ cup	19
Greek yogurt	1 cup	20
Nutritional Yeast	½ cup	20
Fish fillet	3.5 oz	22
Ground pork	3 oz	22
Pork tenderloin	4 oz	29
Hamburger patty	4 oz	28
Chicken breast	3.5 oz	30
Ground chicken	4 oz	35
Tuna	6 oz, can	40
Steak	6 oz	42

For more information, visit [sport-med.ucalgary.ca/services/nutrition](https://sport-med.ucalgary.ca/services/nutrition)