

# Sources of Protein

Food	Measure	Protein in grams
<b>Animal Proteins</b>		
Chicken (lean meat)	100g	30g
Turkey (lean)	100g	22g
Beef (lean)	100g	25g
Lamb (very lean diced leg meat)	100g	20g
Pork (lean tenderloin)	100g	25g
Bacon	2 rashers	8g
Ham	90g	19g
Venison	100g	22g
Fish fillet/steak	100g	22g
Canned Tuna	140g	33g
Shrimps/prawn	100g	20g
Mussel meat	100g	16g
Eggs	1 Medium	6g
<b>Beans, lentils and grains</b>		
Beans and lentils	1 cup	16g
Raw Health flax crackers	100g	16g
Sprouted Hemp and spelt bread	100g	12g
Sprouted spelt bread	100g	10g
Sprouted kidney beans	1 cup (184g)	8g
Sprouted lentils	1 cup (77g)	7g
Sprouted navy beans	1 cup (104g)	6g
Sprouted pinto beans	100g	6g
Sprouted mung beans	1 cup (104g)	3g
Alfalfa sprouts	1 cup (33g)	1g
Radish seed sprouts	1 cup (38g)	1g
Peas	1/2 cup	4g
Edamame	1/2 cup beans	8g
Hummus	50g (1/4 pot)	4g
Tofu	100g	8g
Tempeh	100g	18g
Quinoa	1 cup cooked	8g
Rolled Oats	65g	7g

<b>Dairy products</b>		
Milk	1 cup	8g
Soya milk	1 cup	8g
Yogurt	1 cup	10g
Soya yogurt	125g	6g
Cottage cheese	1/2 cup	15g
Soft goats cheese	30g	5g
Feta	30g	5g
Soft cheese (Brie, mozzarella, camembert)	30g	6g
Medium cheese (Cheddar, Swiss)	30g	8g
Hard cheese (Parmesan)	30g	10g
Halluomi	30g	7g
Whey protein	1 scoop	16g
<b>Nuts and Seeds</b>		
Almond butter	2 tbsp	5g
Almonds	30g (25 nuts)	6g
Brazil nuts	30g (6 nuts)	4g
Cashew nut butter	2 tbsp	6g
Cashews	30g	5g
Hazelnuts	30g (20 nuts)	4g
Macadamia nuts	30g (12 nuts)	2g
Pecans	30g (20 halves)	3g
Pine nuts	30g	4g
Pistachios	30g (50 nuts)	6g
Walnuts	30g (15 halves)	4g
Ground flax seeds	1 tbsp	1g
Pumpkin seeds	30g	7g
Tahini	2 tbsp	5g
Sesame seeds	30g	6g
Sunflower seed butter	30g	6g
Sunflower seeds	30g	6g

<b>Vegetables</b>		
Asparagus	100g	3g
Broccoli	100g	3g
Brussels Sprouts	100g	3g
Cauliflower	100g	3g
Watercress	100g	3g
Beetroot	100g	2g
Courgette	100g	2g
Mushroom	100g	2g
Onion Spring	100g	2g
Spinach	100g	2g
Tomatoes	100g	2g
Yam	100g	2g
Sweetcorn	100g	2.5g
Okra	100g	2.4g
Aubergine	100g	1g
Cabbage average	100g	1g
Fennel	100g	1g
Gherkins	100g	1g
Peppers	100g	1g
Leek	100g	1.6g
Gourd	100g	1.5g
Parsnip	100g	1.5g
Turnip	100g	0.8g
Lettuce (average)	100g	0.7g
Onion	100g	0.7g
Radish	100g	0.7g
Chicory	100g	0.6g
Carrot	100g	0.5g
Celery	100g	0.5g
Cucumber	100g	0.5g
Marrow	100g	0.5g
Pumpkin	100g	0.5g
Swede	100g	0.5g