

STOCK YOUR PROTEIN PANTRY

Here's a helpful guide to stock up on protein staples so you can easily enjoy flavorful, protein-rich meals any time of the day!

Including protein foods at each meal can be achievable by planning ahead and understanding what food sources contain high-quality protein. Lean beef is an excellent example of a source of high-quality protein, delivering more than 10 essential nutrients, such as iron, vitamin B₁₂, selenium, zinc, niacin, vitamin B₆, phosphorous, choline and riboflavin.²

MEAT/EGGS (cooked)

Serving Size	Protein (g)	Calories
3 oz Beef Strip Steak*	25	170
3 oz Beef Tenderloin*	26	170
3 oz 93% Lean Ground Beef	22	150
3 oz 90% Lean Ground Beef	21	170
3 oz Lamb Chops*	23	160
3 oz Pork Tenderloin*	22	120
3 oz Pork Chops*	26	170
3 oz 96% Lean Ground Pork	27	160
3 oz 84% Lean Ground Pork	23	260
3 oz Skinless Chicken Breast	27	140
3 oz Ground Chicken	20	160
3 oz Turkey Breast	26	130
3 oz 93% Lean Ground Turkey	23	180
3 oz Roasted Ham	25	180
3 oz Deli Roast Beef	16	100
3 oz Deli Turkey	11	100
3 oz Deli Ham	17	110
3 Slices Bacon	11	130
1 Large Egg	6	90
1 oz Beef Jerky	9	120

*visible fat trimmed

FISH/SEAFOOD (cooked)

Serving Size	Protein (g)	Calories
3 oz Canned Tuna	20	110
3 oz Filet of Catfish	16	120
3 oz Filet of Tilapia	22	110
3 oz Filet of Salmon	21	130
3 oz Crabmeat	14	60
3 oz Shrimp	19	100
3 oz Lobster	16	80

¹ U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016.

² Zanovec M, O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Lean beef contributes significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. Nutrition Research. 2010; 30 (6):375-81.

GRAINS (cooked)

Serving Size	Protein (g)	Calories
1/2 cup Brown Rice	3	120
1/2 cup Spelt	5	120
1/2 cup Quinoa	4	110
1/2 cup Amaranth	5	130
1 cup Oatmeal	6	200

DAIRY

Serving Size	Protein (g)	Calories
6 oz Nonfat Greek Plain Yogurt	17	100
6 oz Nonfat Yogurt	10	95
1 oz Swiss Cheese	8	100
1 oz American Cheese	4	90
1 oz Cheddar Cheese	7	120
1 Cheese Stick/String Cheese (1 oz)	8	80
4 oz Lowfat Cottage Cheese	14	90
8 oz Skim Milk	8	80

BEANS (cooked)

Serving Size	Protein (g)	Calories
1/2 cup Pinto Beans	8	120
1/2 cup Black Beans	8	110
1/2 cup Kidney Beans	4	30
1/2 cup Garbanzo Beans	7	130
1/2 cup Edamame	9	90
1/2 cup Tofu	9	70

NUTS/SEEDS

Serving Size	Protein (g)	Calories
2 tbsp Peanut Butter	8	190
2 tbsp Almond Butter	7	195
1 oz Peanuts	7	160
1 oz Almonds	6	160
1 oz Pistachios	6	160
1 oz Walnuts	4	190
1 oz Pecans	3	200
1 oz Pumpkin Seeds	8	150
1 oz Sunflower Seeds	5	175

