

Protein and Wound Healing

On average for wound healing people needs 1.2-1.5 grams of protein per kilogram of body weight per day

1 Kilogram is 2.2 pounds (weight in pounds divided by 2.2 to get weight in kilograms)

Food	Serving Size	Grams of Protein
Meat, Cooked		
• Pork	3 ounces	21
• Chicken, Turkey	3 ounces	21
• Beef	3 ounces	21
Fish, Cooked		
• Salmon, halibut, tuna	3 ounces	21
• Shrimp	3 ounces	21
Eggs		
• Egg	1 large	7
• Egg whites/Egg Beaters	3 tablespoons	5
Dairy		
• Milk	1 cup	8
• Kefir	1 cup	14
• Cheese	1 ounce	7
• Cottage Cheese	½ cup	14
• Yogurt	¾ cup	8
• Greek Yogurt	¾ cup	15
Bean and Grains		
• Black, lentil, kidney	½ cup	7
• Hummus	1/3 cup	4
• Quinoa	1 cup	8
Nuts		
• Almonds, Walnuts and others	½ cup	7
• Peanut Butter	2 tablespoons	7
Other Protein Sources		
• Tofu	4 ounces	8
• Soy milk	1 cup	7
• Edamame	4 ounces	11
• Tempeh	4 ounces	20
• Seitan	4 ounces	31

3 ounces of cooked meat is about the size of a deck of cards