

Protein content of common foods

Meat, poultry and seafood (120 grams r 90 grams cooked weight)	aw, or	Eggs 1 egg	6 g
Poultry light meat - chicken breast	27 g	Egg whites (I cup)	26 g
Poultry dark meat – thigh	23 g	Beans and legumes (all 1 cup cooked)	
Lean beef	25 g	Kidney beans	15 g
Pork	24 g	Lentils	18 g
Fatty fish - salmon	23 g	Split peas	16 g
White fish – tuna	20 g	Black beans	15 g
Kangaroo	24 g	Chickpeas	14 g
Dairy		Grains and starches– all 1 cup cooked	
Milk 1 cup	8 g	Oatmeal	6 g
Greek yogurt 1 cup	23 g	Quinoa	8 g
Cottage cheese 1 cup	25 g	Brown rice	5 g
Hard cheese ¼ cup	7 g	Potatoes	4 g
Soft cheese e.g. cream cheese 1 cup	14 g	Sweet potato	4 g
Nuts and seeds		Check the label for protein powders	
Almonds ¼ cup	9 g	The typical serving size is around 20 to 25 grams	
Cashews ¼ cup	5 g	of protein	
Nut butters 2 tbsp	5 g	Vegetables	
Hemp seeds 3 tbsp	10 g	Protein content varies, but typically around 3	
Pumpkin seeds ¼ cup	9 g	grams per 100 grams depending on the	
Sunflower seeds ¼ cup	9 g	vegetable	
Chia seeds ¼ cup	5 g	For vegetarians and especially vegans, try to co	mbine
Soy	- 0	grains and legumes in a meal to get the full	
Tempeh or tofu 170grams.	15g	complement of amino acids.	

There are many ways to calculate ideal daily protein intake. As a minimum we need our body weight in kg x 0.8, giving an amount in grams. This is the minimum needed for healing and repair as recommended by the Australian Government health guidelines. Recent research suggests an even higher intake may be beneficial for us, especially as we get older. Initially this amount of protein may seem too high. See it as something to aim towards and consider ways you could include more protein in your daily meals.