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 Nutrition Education

Proteins and Calories in Common Foods (1)

<u>Food</u>	<u>Amount</u>	<u>Grams of protein</u>	<u>Calories</u>
Beans			
Lentils	½ cup	9	120
Pinto	½ cup	7	120
Great Northern	½ cup	7	100
Black	½ cup	7	110
Lima	½ cup	6-7	110-120
Kidney	½ cup	8	110
Bean sprouts (mung)	1 cup	3	25
White	½ cup	9	120
Garbanza	½ cup	7	130
Navy	½ cup	8	130
Refried red beans	½ cup	6	170
Beef	3 oz	20-26	170-300
Broccoli , chopped, raw	1 cup	3	30
Cooked	1 cup	4	50
Brussel sprouts	1 cup	4-6	60-70
Cheese , raw	1 oz	6-8	90-110
	½ cup shredded	14-16	230
Goat/Feta cheese, raw	1 oz	9	130
Chicken	½ breast (3.5 oz)	32-41	190
Stewed	1 cup	41-43	210-270
Drumstick or thigh	1	14-16	110-150
Giblets, chopped	1 cup	37-39	230
Collards, chopped	1 cup	4	
Duck	½ duck	52	440
Eggs	1	6	60

Fish	3 oz	15-22	90-200
Nuts			
Almonds	23	6	160
Brazil nuts	6	4	190
Cashews	18	4	160
Walnuts	7	4	190
Oatmeal	¾ cup	5	120
Oats	1 cup	26	610
Pastrami	2 oz	12	80
Peas, green	½ cup	4	70
Pea pods, raw	1 cup	2	25
Split peas	½ cup	8	120
Pork	3 oz very lean	23-25	180-190
	3 oz with fat	21-24	220-270
Bacon	1 slice	3	45
Potato			
Sweet potato ,baked	5 inches x 2 inches	2	110
Baked white potato	(includes skin)	4-5	160
Rice			
Brown rice	1 cup	5	220
Wild rice	1 cup	7	170

Average protein needs for women is 60-90 grams per day (2)

Average protein needs for men is 80-110 grams per day (2)

Sources

1. New Carb & Calorie Counter, 4th edition, Dana Carpender, Quayside Publishing Group, 2010.
2. Back to the Basics of Human Health, 4th edition, Mary Frost, Expansive Health Awareness, Inc., 2007.