



Natural Life Consulting, LLC

7 Hodges Street, North Andover, MA 01845

339-368-7551 fax: 978-409-1269

<http://NaturalLifeConsulting.com>

Proteins and Calories in Common Foods (1)

| <u>Food</u> | <u>Amount</u> | <u>Grams of protein</u> | <u>Calories</u> |
|---------------------------------|-------------------|-------------------------|-----------------|
| Amaranth -cooked | 1 cup | 9 | 250 |
| Has all 8 essential amino acids | | | |
| Beans – not complete protein | | | |
| 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 |
| Buckwheat cooked | 1 cup | 5.7 | 343 |
| Has all 8 essential amino acids | | | |
| 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 |
| Duck | ½ duck | 52 | 440 |
| Eggs | 1 | 6 | 60 |

| | | | |
|-----------------------------|--|-------|---------|
| Fish | 3 oz | 15-22 | 90-200 |
| Nuts – not complete protein | | | |
| Almonds | 23 | 6 | 160 |
| Brazil nuts | 6 | 4 | 190 |
| Cashews | 18 | 4 | 160 |
| Walnuts | 7 | 4 | 190 |
| Pastrami | 2 oz | 12 | 80 |
| Pork | 3 oz very lean | 23-25 | 180-190 |
| | 3 oz with fat | 21-24 | 220-270 |
| Bacon | 1 slice | 3 | 45 |
| Quinoa | 1/2 cup cooked | 4 | 111 |
| | Has all 8 essential amino acids | | |
| | 1/2 cup uncooked | 12 | 312 |
| Tempeh | 100 grams | 18 | 192 |
| | Has all 8 essential amino acids | | |
| | But is a GMO food so contains glyphosate | | |
| Turkey | 3 oz | 28 | 88 |

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.
3. Perfect Amino – The Search for the Perfect Protein, Dr. David Minkoff, Lioncrest Publishing, 2019.