



HIGH PROTEIN FOODS

Nutrition Value per Serving; Serving Sizes see Chart; Unit: Gram, Calories in Kcal



Lean Meat	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Chicken Breast	3 oz (85g)	26	3.1	0.9	0	0	140
Turkey Breast	3 oz (85g)	25	0.9	0.2	0	0	125
Pork Tenderloin	3 oz (85g)	23	3.4	1	0	0	122
Lean Beef	3 oz (85g)	22	6.4	2.6	0	0	160
Venison	3 oz (85g)	21	1.7	0.7	0	0	100
Lean Lamb	3 oz (85g)	21	7.1	2.8	0	0	150
Duck (skinless)	3 oz (85g)	20	2.1	0.5	0	0	115

Fish & Seafood	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Tuna (in water)	3 oz (85g)	22	0.7	0.2	0	0	100
Sardines (in oil)	3 oz (85g)	21	9.8	1.3	0	0	180
Shrimp	3 oz (85g)	20	0.3	0.1	0	0	84
Halibut	3 oz (85g)	20	2.1	0.3	0	0	95
Mussels	3 oz (85g)	20	3.8	0.9	6.3	0	146
Salmon	3 oz (85g)	17	11.1	2.6	0	0	175
Haddock	3 oz (85g)	17	0.4	0.1	0	0	70
Trout	3 oz (85g)	17	5.1	1.2	0	0	125
Mackerel	3 oz (85g)	16	11.8	3.5	0	0	175
Cod	3 oz (85g)	15	0.6	0.1	0	0	70

Dairy & Eggs	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Greek Yogurt	3/4 cup (170g)	15	8.5	6.5	6.1	6.1	165
Cottage Cheese	1/2 cup (113g)	13	4.8	1.9	3.9	3	110
Parmesan	1 oz (28g)	10	7	4.6	0.9	0	122
Skim Milk	1 cup (240ml)	8	0.2	0.1	12	12	85
Mozzarella	1 oz (28g)	7	4.8	3.3	0.6	0.3	85
Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
Egg White	1 egg (33g)	3.6	0	0	0.2	0	17

Grains	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Quinoa	1 cup (185g)	8.1	3.5	0.3	39.4	0	222
Amaranth	1 cup (246g)	9.3	4.6	1	43.2	0	251
Buckwheat	1 cup (170g)	5.7	1.9	0.4	40.1	0	155
Oats	1 cup (81g)	13.2	6	1	54.8	0	307
Farro	1 cup (120g)	6	1.2	0	40.2	0	170
Millet	1 cup (174g)	6.1	2.3	0.3	41.2	0	207
Brown Rice	1 cup (195g)	5	1.7	0.3	45	0	216

Legumes	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Soybeans (dry)	1 cup (172g)	62	34	5	56	13	776
Lentils	1 cup (198g)	50	2	0.4	119	4	704
Split Peas	1 cup (196g)	49	2	0.4	118	2.5	681
Adzuki Beans	1 cup (230g)	46	1.2	0.5	144	0	756
Fava Beans	1 cup (170g)	45	3.6	0.9	99	0.5	580
Kidney Beans	1 cup (177g)	43	1.8	0.4	106	0.5	590
White Beans	1 cup (179g)	39	1.4	0.4	107	0	601
Black-eyed Peas	1 cup (160g)	37	2.1	0.5	89	1	549
Black Beans	1 cup (172g)	36	2.4	0.6	107	0.5	588
Chickpeas	1 cup (164g)	31	10	1.6	100	16	598

Seeds & Nuts	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Hemp Seeds	3 tbsp (30g)	9.3	14.7	1.4	2.7	0.6	166
Pumpkin Seeds	1 oz (28g)	8.4	14	2.4	3	0.4	158
Peanuts	1 oz (28g)	7.3	14	2	4.5	1.1	161
Almonds	1 oz (28g)	6	14	1.1	6.2	1.1	161
Sunflower Seeds	1 oz (28g)	5.9	14.3	1.3	5.6	0.7	164
Cashews	1 oz (28g)	5.1	12.3	2.2	7.6	1.7	155
Chia Seeds	2 tbsp (28g)	4.8	8.7	0.9	11.8	0	137
Walnuts	1 oz (28g)	4.3	18.3	1.7	4	0.7	183

Vegetables	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Edamame	1 cup (155g)	17	8	1	14	3	188
Brussels Sprouts	1 cup (88g)	3.4	0.3	0.1	9	2.2	43
Artichokes	1 (120g)	3.3	0.2	0	11.5	1	47
Mushrooms	1 cup (70g)	3.1	0.3	0	3.3	0.5	22
Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
Broccoli	1 cup (91g)	2.8	0.3	0.1	6.6	1.7	34
Kale	1 cup (67g)	2.7	0.5	0.1	4.4	0.9	28

Fruits	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Guava	1 cup (165g)	2.6	1	0.3	14.3	9	68
Avocado	1/2 (100g)	2	15	2.1	8.5	0.7	160
Blackberries	1 cup (144g)	2	0.5	0.1	9.6	4.9	43
Pomegranate	1/2 cup (87g)	1.7	1.2	0.2	19	13.7	83
Black Currants	1 cup (112g)	1.6	0.4	0.1	15.3	7	63
Raspberries	1 cup (123g)	1.5	0.3	0	11.9	4.4	52

Plant-Based	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Seitan	3 oz (85g)	21.3	0.6	0.1	11.9	0	119
Tempeh	3 oz (85g)	16.2	9.4	1.9	6.5	0.4	165
Tofu	3 oz (85g)	7.2	4.1	0.6	1.6	0.5	65



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Pork Tenderloin	3 oz (85g)	23	3.4	1	0	0	122
Lean Beef	3 oz (85g)	22	6.4	2.6	0	0	160
Venison	3 oz (85g)	21	1.7	0.7	0	0	100
Lean Lamb	3 oz (85g)	21	7.1	2.8	0	0	150
Duck (skinless)	3 oz (85g)	20	2.1	0.5	0	0	115

Fish & Seafood	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
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Sardines (in oil)	3 oz (85g)	21	9.8	1.3	0	0	180
Shrimp	3 oz (85g)	20	0.3	0.1	0	0	84
Halibut	3 oz (85g)	20	2.1	0.3	0	0	95
Mussels	3 oz (85g)	20	3.8	0.9	6.3	0	146
Salmon	3 oz (85g)	17	11.1	2.6	0	0	175
Haddock	3 oz (85g)	17	0.4	0.1	0	0	70
Trout	3 oz (85g)	17	5.1	1.2	0	0	125
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Greek Yogurt	3/4 cup (170g)	15	8.5	6.5	6.1	6.1	165
Cottage Cheese	1/2 cup (113g)	13	4.8	1.9	3.9	3	110
Parmesan	1 oz (28g)	10	7	4.6	0.9	0	122
Skim Milk	1 cup (240ml)	8	0.2	0.1	12	12	85
Mozzarella	1 oz (28g)	7	4.8	3.3	0.6	0.3	85
Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
Egg White	1 egg (33g)	3.6	0	0	0.2	0	17

Grains	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Quinoa	1 cup (185g)	8.1	3.5	0.3	39.4	0	222
Amaranth	1 cup (246g)	9.3	4.6	1	43.2	0	251
Buckwheat	1 cup (170g)	5.7	1.9	0.4	40.1	0	155
Oats	1 cup (81g)	13.2	6	1	54.8	0	307
Farro	1 cup (120g)	6	1.2	0	40.2	0	170
Millet	1 cup (174g)	6.1	2.3	0.3	41.2	0	207
Brown Rice	1 cup (195g)	5	1.7	0.3	45	0	216

Legumes	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Soybeans (dry)	1 cup (172g)	62	34	5	56	13	776
Lentils	1 cup (198g)	50	2	0.4	119	4	704
Split Peas	1 cup (196g)	49	2	0.4	118	2.5	681
Adzuki Beans	1 cup (230g)	46	1.2	0.5	144	0	756
Fava Beans	1 cup (170g)	45	3.6	0.9	99	0.5	580
Kidney Beans	1 cup (177g)	43	1.8	0.4	106	0.5	590
White Beans	1 cup (179g)	39	1.4	0.4	107	0	601
Black-eyed Peas	1 cup (160g)	37	2.1	0.5	89	1	549
Black Beans	1 cup (172g)	36	2.4	0.6	107	0.5	588
Chickpeas	1 cup (164g)	31	10	1.6	100	16	598

Seeds & Nuts	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Hemp Seeds	3 tbsp (30g)	9.3	14.7	1.4	2.7	0.6	166
Pumpkin Seeds	1 oz (28g)	8.4	14	2.4	3	0.4	158
Peanuts	1 oz (28g)	7.3	14	2	4.5	1.1	161
Almonds	1 oz (28g)	6	14	1.1	6.2	1.1	161
Sunflower Seeds	1 oz (28g)	5.9	14.3	1.3	5.6	0.7	164
Cashews	1 oz (28g)	5.1	12.3	2.2	7.6	1.7	155
Chia Seeds	2 tbsp (28g)	4.8	8.7	0.9	11.8	0	137
Walnuts	1 oz (28g)	4.3	18.3	1.7	4	0.7	183

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Brussels Sprouts	1 cup (88g)	3.4	0.3	0.1	9	2.2	43
Artichokes	1 (120g)	3.3	0.2	0	11.5	1	47
Mushrooms	1 cup (70g)	3.1	0.3	0	3.3	0.5	22
Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
Broccoli	1 cup (91g)	2.8	0.3	0.1	6.6	1.7	34
Kale	1 cup (67g)	2.7	0.5	0.1	4.4	0.9	28

Fruits	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Guava	1 cup (165g)	2.6	1	0.3	14.3	9	68
Avocado	1/2 (100g)	2	15	2.1	8.5	0.7	160
Blackberries	1 cup (144g)	2	0.5	0.1	9.6	4.9	43
Pomegranate	1/2 cup (87g)	1.7	1.2	0.2	19	13.7	83
Black Currants	1 cup (112g)	1.6	0.4	0.1	15.3	7	63
Raspberries	1 cup (123g)	1.5	0.3	0	11.9	4.4	52

Plant-Based	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
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Shrimp	3 oz (85g)	20	0.3	0.1	0	0	84
Halibut	3 oz (85g)	20	2.1	0.3	0	0	95
Mussels	3 oz (85g)	20	3.8	0.9	6.3	0	146
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Cottage Cheese	1/2 cup (113g)	13	4.8	1.9	3.9	3	110
Parmesan	1 oz (28g)	10	7	4.6	0.9	0	122
Skim Milk	1 cup (240ml)	8	0.2	0.1	12	12	85
Mozzarella	1 oz (28g)	7	4.8	3.3	0.6	0.3	85
Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
Egg White	1 egg (33g)	3.6	0	0	0.2	0	17

Grains	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Quinoa	1 cup (185g)	8.1	3.5	0.3	39.4	0	222
Amaranth	1 cup (246g)	9.3	4.6	1	43.2	0	251
Buckwheat	1 cup (170g)	5.7	1.9	0.4	40.1	0	155
Oats	1 cup (81g)	13.2	6	1	54.8	0	307
Farro	1 cup (120g)	6	1.2	0	40.2	0	170
Millet	1 cup (174g)	6.1	2.3	0.3	41.2	0	207
Brown Rice	1 cup (195g)	5	1.7	0.3	45	0	216

Legumes	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
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Lentils	1 cup (198g)	50	2	0.4	119	4	704
Split Peas	1 cup (196g)	49	2	0.4	118	2.5	681
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Cashews	1 oz (28g)	5.1	12.3	2.2	7.6	1.7	155
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Artichokes	1 (120g)	3.3	0.2	0	11.5	1	47
Mushrooms	1 cup (70g)	3.1	0.3	0	3.3	0.5	22
Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
Broccoli	1 cup (91g)	2.8	0.3	0.1	6.6	1.7	34
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Fruits	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
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Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
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Lentils	1 cup (198g)	50	2	0.4	119	4	704
Split Peas	1 cup (196g)	49	2	0.4	118	2.5	681
Adzuki Beans	1 cup (230g)	46	1.2	0.5	144	0	756
Fava Beans	1 cup (170g)	45	3.6	0.9	99	0.5	580
Kidney Beans	1 cup (177g)	43	1.8	0.4	106	0.5	590
White Beans	1 cup (179g)	39	1.4	0.4	107	0	601
Black-eyed Peas	1 cup (160g)	37	2.1	0.5	89	1	549
Black Beans	1 cup (172g)	36	2.4	0.6	107	0.5	588
Chickpeas	1 cup (164g)	31	10	1.6	100	16	598

Seeds & Nuts	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Hemp Seeds	3 tbsp (30g)	9.3	14.7	1.4	2.7	0.6	166
Pumpkin Seeds	1 oz (28g)	8.4	14	2.4	3	0.4	158
Peanuts	1 oz (28g)	7.3	14	2	4.5	1.1	161
Almonds	1 oz (28g)	6	14	1.1	6.2	1.1	161
Sunflower Seeds	1 oz (28g)	5.9	14.3	1.3	5.6	0.7	164
Cashews	1 oz (28g)	5.1	12.3	2.2	7.6	1.7	155
Chia Seeds	2 tbsp (28g)	4.8	8.7	0.9	11.8	0	137
Walnuts	1 oz (28g)	4.3	18.3	1.7	4	0.7	183

Vegetables	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Edamame	1 cup (155g)	17	8	1	14	3	188
Brussels Sprouts	1 cup (88g)	3.4	0.3	0.1	9	2.2	43
Artichokes	1 (120g)	3.3	0.2	0	11.5	1	47
Mushrooms	1 cup (70g)	3.1	0.3	0	3.3	0.5	22
Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
Broccoli	1 cup (91g)	2.8	0.3	0.1	6.6	1.7	34
Kale	1 cup (67g)	2.7	0.5	0.1	4.4	0.9	28

Fruits	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Guava	1 cup (165g)	2.6	1	0.3	14.3	9	68
Avocado	1/2 (100g)	2	15	2.1	8.5	0.7	160
Blackberries	1 cup (144g)	2	0.5	0.1	9.6	4.9	43
Pomegranate	1/2 cup (87g)	1.7	1.2	0.2	19	13.7	83
Black Currants	1 cup (112g)	1.6	0.4	0.1	15.3	7	63
Raspberries	1 cup (123g)	1.5	0.3	0	11.9	4.4	52

Plant-Based	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Seitan	3 oz (85g)	21.3	0.6	0.1	11.9	0	119
Tempeh	3 oz (85g)	16.2	9.4	1.9	6.5	0.4	165
Tofu	3 oz (85g)	7.2	4.1	0.6	1.6	0.5	65



HIGH PROTEIN FOODS

Nutrition Value per Serving; Serving Sizes see Chart; Unit: Gram, Calories in Kcal



Lean Meat	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Chicken Breast	3 oz (85g)	26	3.1	0.9	0	0	140
Turkey Breast	3 oz (85g)	25	0.9	0.2	0	0	125
Pork Tenderloin	3 oz (85g)	23	3.4	1	0	0	122
Lean Beef	3 oz (85g)	22	6.4	2.6	0	0	160
Venison	3 oz (85g)	21	1.7	0.7	0	0	100
Lean Lamb	3 oz (85g)	21	7.1	2.8	0	0	150
Duck (skinless)	3 oz (85g)	20	2.1	0.5	0	0	115

Fish & Seafood	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Tuna (in water)	3 oz (85g)	22	0.7	0.2	0	0	100
Sardines (in oil)	3 oz (85g)	21	9.8	1.3	0	0	180
Shrimp	3 oz (85g)	20	0.3	0.1	0	0	84
Halibut	3 oz (85g)	20	2.1	0.3	0	0	95
Mussels	3 oz (85g)	20	3.8	0.9	6.3	0	146
Salmon	3 oz (85g)	17	11.1	2.6	0	0	175
Haddock	3 oz (85g)	17	0.4	0.1	0	0	70
Trout	3 oz (85g)	17	5.1	1.2	0	0	125
Mackerel	3 oz (85g)	16	11.8	3.5	0	0	175
Cod	3 oz (85g)	15	0.6	0.1	0	0	70

Dairy & Eggs	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Greek Yogurt	3/4 cup (170g)	15	8.5	6.5	6.1	6.1	165
Cottage Cheese	1/2 cup (113g)	13	4.8	1.9	3.9	3	110
Parmesan	1 oz (28g)	10	7	4.6	0.9	0	122
Skim Milk	1 cup (240ml)	8	0.2	0.1	12	12	85
Mozzarella	1 oz (28g)	7	4.8	3.3	0.6	0.3	85
Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
Egg White	1 egg (33g)	3.6	0	0	0.2	0	17

Grains	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Quinoa	1 cup (185g)	8.1	3.5	0.3	39.4	0	222
Amaranth	1 cup (246g)	9.3	4.6	1	43.2	0	251
Buckwheat	1 cup (170g)	5.7	1.9	0.4	40.1	0	155
Oats	1 cup (81g)	13.2	6	1	54.8	0	307
Farro	1 cup (120g)	6	1.2	0	40.2	0	170
Millet	1 cup (174g)	6.1	2.3	0.3	41.2	0	207
Brown Rice	1 cup (195g)	5	1.7	0.3	45	0	216

Legumes	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Soybeans (dry)	1 cup (172g)	62	34	5	56	13	776
Lentils	1 cup (198g)	50	2	0.4	119	4	704
Split Peas	1 cup (196g)	49	2	0.4	118	2.5	681
Adzuki Beans	1 cup (230g)	46	1.2	0.5	144	0	756
Fava Beans	1 cup (170g)	45	3.6	0.9	99	0.5	580
Kidney Beans	1 cup (177g)	43	1.8	0.4	106	0.5	590
White Beans	1 cup (179g)	39	1.4	0.4	107	0	601
Black-eyed Peas	1 cup (160g)	37	2.1	0.5	89	1	549
Black Beans	1 cup (172g)	36	2.4	0.6	107	0.5	588
Chickpeas	1 cup (164g)	31	10	1.6	100	16	598

Seeds & Nuts	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Hemp Seeds	3 tbsp (30g)	9.3	14.7	1.4	2.7	0.6	166
Pumpkin Seeds	1 oz (28g)	8.4	14	2.4	3	0.4	158
Peanuts	1 oz (28g)	7.3	14	2	4.5	1.1	161
Almonds	1 oz (28g)	6	14	1.1	6.2	1.1	161
Sunflower Seeds	1 oz (28g)	5.9	14.3	1.3	5.6	0.7	164
Cashews	1 oz (28g)	5.1	12.3	2.2	7.6	1.7	155
Chia Seeds	2 tbsp (28g)	4.8	8.7	0.9	11.8	0	137
Walnuts	1 oz (28g)	4.3	18.3	1.7	4	0.7	183

Vegetables	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Edamame	1 cup (155g)	17	8	1	14	3	188
Brussels Sprouts	1 cup (88g)	3.4	0.3	0.1	9	2.2	43
Artichokes	1 (120g)	3.3	0.2	0	11.5	1	47
Mushrooms	1 cup (70g)	3.1	0.3	0	3.3	0.5	22
Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
Broccoli	1 cup (91g)	2.8	0.3	0.1	6.6	1.7	34
Kale	1 cup (67g)	2.7	0.5	0.1	4.4	0.9	28

Fruits	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Guava	1 cup (165g)	2.6	1	0.3	14.3	9	68
Avocado	1/2 (100g)	2	15	2.1	8.5	0.7	160
Blackberries	1 cup (144g)	2	0.5	0.1	9.6	4.9	43
Pomegranate	1/2 cup (87g)	1.7	1.2	0.2	19	13.7	83
Black Currants	1 cup (112g)	1.6	0.4	0.1	15.3	7	63
Raspberries	1 cup (123g)	1.5	0.3	0	11.9	4.4	52

Plant-Based	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Seitan	3 oz (85g)	21.3	0.6	0.1	11.9	0	119
Tempeh	3 oz (85g)	16.2	9.4	1.9	6.5	0.4	165
Tofu	3 oz (85g)	7.2	4.1	0.6	1.6	0.5	65



HIGH PROTEIN FOODS

Nutrition Value per Serving; Serving Sizes see Chart; Unit: Gram, Calories in Kcal



Lean Meat	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Chicken Breast	3 oz (85g)	26	3.1	0.9	0	0	140
Turkey Breast	3 oz (85g)	25	0.9	0.2	0	0	125
Pork Tenderloin	3 oz (85g)	23	3.4	1	0	0	122
Lean Beef	3 oz (85g)	22	6.4	2.6	0	0	160
Venison	3 oz (85g)	21	1.7	0.7	0	0	100
Lean Lamb	3 oz (85g)	21	7.1	2.8	0	0	150
Duck (skinless)	3 oz (85g)	20	2.1	0.5	0	0	115

Fish & Seafood	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Tuna (in water)	3 oz (85g)	22	0.7	0.2	0	0	100
Sardines (in oil)	3 oz (85g)	21	9.8	1.3	0	0	180
Shrimp	3 oz (85g)	20	0.3	0.1	0	0	84
Halibut	3 oz (85g)	20	2.1	0.3	0	0	95
Mussels	3 oz (85g)	20	3.8	0.9	6.3	0	146
Salmon	3 oz (85g)	17	11.1	2.6	0	0	175
Haddock	3 oz (85g)	17	0.4	0.1	0	0	70
Trout	3 oz (85g)	17	5.1	1.2	0	0	125
Mackerel	3 oz (85g)	16	11.8	3.5	0	0	175
Cod	3 oz (85g)	15	0.6	0.1	0	0	70

Dairy & Eggs	Serving	Protein	Fat	Sat.Fat	Carbs	Sugar	Calories
Greek Yogurt	3/4 cup (170g)	15	8.5	6.5	6.1	6.1	165
Cottage Cheese	1/2 cup (113g)	13	4.8	1.9	3.9	3	110
Parmesan	1 oz (28g)	10	7	4.6	0.9	0	122
Skim Milk	1 cup (240ml)	8	0.2	0.1	12	12	85
Mozzarella	1 oz (28g)	7	4.8	3.3	0.6	0.3	85
Cheddar	1 oz (28g)	7	9.3	5.3	0.3	0	114
Feta Cheese	1 oz (28g)	4	6	3.8	1.1	0	75
Cream Cheese	1 tbsp (15g)	1.5	5.1	3	0.8	0.5	50
Eggs	1 egg (50g)	6.3	5	1.6	0.6	0.6	70
Egg White	1 egg (33g)	3.6	0	0	0.2	0	17

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Spinach	1 cup (30g)	2.9	0.4	0.1	3.6	0.4	23
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Tofu	3 oz (85g)	7.2	4.1	0.6	1.6	0.5	65