

WHERE DO YOU GET YOUR PROTEIN? ANIMAL VS. PLANT

Protein Requirements For the Average Person Range From 45 - 60 Grams Per Day

CHICKEN

Chicken breast (3.5 ounces): 30 grams protein

Most cuts of **beef**: 7 grams of protein per ounce

Hamburger patty (4 ounces or 1/4 pound): 28 grams protein

Steak (6 ounces): 42 grams protein

FISH

Most **fish** fillets or steaks provide 22 grams of protein for 3 1/2 ounces (100 grams) of cooked fish, or 6 grams per ounce

Shrimp (3-ounce serving): 18 grams protein

Tuna (6-ounce can): 40 grams of protein

PORK

Pork chop (average size): 22 grams protein

Pork loin or tenderloin (4 ounces): 29 grams protein

Ham (3-ounce serving): 19 grams protein

DAIRY

Dairy Egg (large): 6 grams protein

Milk (1 cup): 8 grams protein

Cottage cheese (1/2 cup): 15 grams protein

Yogurt (1 cup): usually 8 to 12 grams protein (check label)

Soft cheeses such as Mozzarella, Brie, Camembert (1 ounce): 6 grams protein

Medium cheeses such as Cheddar, Swiss (1 ounce): 7 or 8 grams protein

Hard cheeses such as Parmesan (1 ounce): 10 grams protein

NUTS AND SEEDS

Nuts and seeds Peanut butter (2 tablespoons): 8 grams protein

Almonds (1/4 cup): 8 grams protein

Peanuts (1/4 cup): 9 grams protein

Cashews (1/4 cup): 5 grams protein

Pecans (1/4 cup): 2.5 grams protein

Sunflower seeds (1/4 cup): 6 grams protein

Pumpkin seeds (1/4 cup): 8 grams protein

Flax seeds (1/4 cup): 8 grams protein

PROTEIN AND NUTRITIONAL VALUE OF BEANS

One cup (164 grams) of cooked **chickpeas** contains roughly

Calories: 269

Protein: 14.5 grams

Fiber: 12.5 grams

Folate (vitamin B9): 71% of the RDI

Manganese: 84% of the RDI

Copper: 29% of the RDI

Iron: 26% of the RDI

One cup (198 grams) of cooked **lentils** contains roughly

Calories: 230

Protein: 17.9 grams

Fiber: 15.6 grams

Folate (vitamin B9): 90% of the RDI

Manganese: 49% of the RDI

Copper: 29% of the RDI

Thiamine (vitamin B1): 22% of the RDI

One cup (160 grams) of cooked **peas** contains roughly

Calories: 125

Protein: 8.2 grams

Fiber: 8.8 grams

Folate (vitamin B9): 24% of the RDI

Manganese: 22% of the RDI

Vitamin K: 48% of the RDI

Thiamine (vitamin B1): 30% of the RDI

One cup (256 grams) of cooked **kidney beans** contains roughly

Calories: 215

Protein: 13.4 grams

Fiber: 13.6 grams

Folate (vitamin B9): 23% of the RDI

Manganese: 22% of the RDI

Thiamine (vitamin B1): 20% of the RDI

Copper: 17% of the RDI

Iron: 17% of the RDI

One cup (172 grams) of cooked **black beans** contains roughly

Calories: 227

Protein: 15.2 grams

Fiber: 15 grams

Folate (vitamin B9): 64% of the RDI

Manganese: 38% of the RDI

Magnesium: 30% of the RDI

Thiamine (vitamin B1): 28% of the RDI

Iron: 20% of the RDI

One cup (172 grams) of cooked **soybeans** contains roughly

Calories: 298

Protein: 28.6 grams

Fiber: 10.3 grams

Manganese: 71% of the RDI

Iron: 49% of the RDI

Phosphorus: 42% of the RDI

Vitamin K: 41% of the RDI

Riboflavin (vitamin B2): 29% of the RDI

Folate (vitamin B9): 23% of the RDI

One cup (171 grams) of cooked *pinto beans* contains roughly

Calories: 245

Protein: 15.4 grams

Fiber: 15.4 grams

Folate (vitamin B9): 74% of the RDI

Manganese: 39% of the RDI

Copper: 29% of the RDI

Thiamine (vitamin B1): 22% of the RDI

One cup (182 grams) of cooked *navy beans* contains roughly

Calories: 255

Protein: 15.0 grams

Fiber: 19.1 grams

Folate (vitamin B9): 64% of the RDI

Manganese: 48% of the RDI

Thiamine (vitamin B1): 29% of the RDI

Magnesium: 24% of the RDI

Iron: 24% of the RDI

REFERENCES:

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