

# ***PROTEIN COUNTER***

## **Dairy Products**

Milk, 1 C.	8gm
Cheddar/Swiss, 1 oz.	7gm
Processed Cheese, 1 oz.	6gm
Cottage Cheese, 1/2C.	12gm
Ice Cream, 1 C.	6gm
Yogurt, 1 C.	7gm
Butter, 1 tbsp.	0.1gm
Sour Cream 1oz.	2.25gm
Cream Cheese, 1oz	2 gm

## **Meats**

Bologna, 1 oz.	3.8gm
Beef, 3oz.	20gm
Chicken, 3oz.	25gm
Egg, 1	6gm
Hot Dog,	1 7gm
Turkey, 3oz.	27gm
Pork, 3oz.	21gm
Liver, 3 1/2oz.	26gm
Sausage Links, 4oz	11gm

## **Fish**

Crabmeat, cooked 4oz	14gm
Clams, Steamed 4oz	12 gm
Haddock, 3oz.	16gm
Salmon, 3oz.	17gm
Shrimp 4oz	20gm
Halibut, 3 1/2oz.	26gm
Tuna, canned 4oz	28gm
Scallops, baked 4oz	17 gm
Lobster, steamed 4oz	19gm

## **Carbohydrates**

Potato, medium	2gm
Rice, 1C. (Brown)	6gm
Corn, 1C.	5gm
Noodles, 1C.	6gm
Sweet Potato, medium	2gm

Bread, 1 slice	2gm
Crackers, 4 saltines	1gm
Doritos, 9/16 oz.	1gm
Fritos, 1 oz.	2gm
Potato Chips, 16 pcs.	0.8gm
Tortillas,	1 1.2gm

## **Cereals**

Cheerios, 1 1/4C.	3.8gm
Granola, 1/4 C.	4gm
Shredded Wheat, 2/3 C.	3gm
Wheat Germ, 1 Tbsp.	2gm

## **Nuts**

Almonds 4oz	21gm
Cashews 4oz	19gm
Pecans 4oz	10gm
Peanut Butter, 1 tbsp.	4gm
Peanuts, 1/4 C.	9gm
Sesame seeds 2oz	5gm
Sunflower seeds 2oz	13 gm
Walnuts, 1/4 C.	6gm

## **Beans**

Pinto Beans, 1/2 C.	7gm
Navy Beans, 1/2 C.	7gm
Kidney Beans, 1/2 C.	7gm
Tofu 4oz	9gm
Soymilk powder 1oz	12gm

## **Fruit & Juice**

Apple, 1 med.	0.3gm
Avocado	4gm
Cantaloupe, 1/4	1gm
Cranberry juice 1C	trace
Grape Juice, 4 oz.	0.3gm
Grapefruit Juice 1C	1gm
Grapes 1C	1gm

Lemon 1 medium	2.5gm
Nectarine 1 medium	1gm
Orange, 1 med.	1.6gm
Orange Juice, 1/2 C.	1gm
Peach, 1 med.	0.6gm
Pineapple Juice 1C	1gm
Pumpkin (raw) 1C	2.5gm
Raisin 1/2 C	2gm
Rhubarb (cooked) 1C	1gm
Strawberries 1C	1gm
Vegetable Juice, 4 oz.	1gm

## **Vegetables**

Asparagus 6 spears	2gm
Broccoli 1C	5gm
Cabbage, 1/2 C. cook	1.2gm
Carrot, 1	0.6gm
Cauliflower, cooked 1C	3gm
Celery, 1 lg. Stalk	0.3gm
Cucumber, 1/8 lb.	0.2gm
Egg Plant, cooked 1C	2gm
Green Beans, 1/2 C.	0.8gm
Kale, cooked 1C	5gm
Lettuce, 1/2 C.	0.3gm
Tomato, 1	1gm
Spinach, 1/4 C.	1gm
Squash, cooked 1C	2gm

## **Soups**

Vegetable Soup, 1 C.	3gm
Beef Broth, 1 C.	5gm
Chicken Noodle, 1 C.	3.4gm
Chili & Beans, 1 C.	18gm

## **Sugar foods**

Caramels,	trace
Colas,	0gm
Honey 2Tbs	trace
White Sugar,	0gm