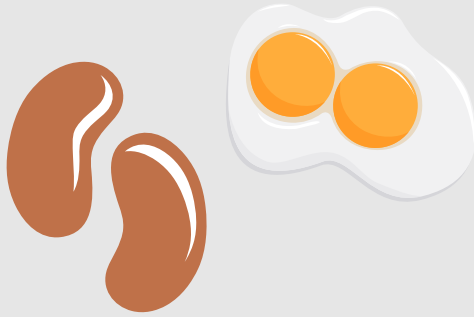


# HIGH PROTEIN FOODS



1 cup red beans = 18g

1 cup lentils = 18g

2oz cheddar cheese = 14g

1 large egg = 12g

3 oz Tofu = 10g

1 cup chickpeas = 18g

3oz canned tuna = 16g

2 oz cooked chicken = 16g

2 oz ground beef = 14g

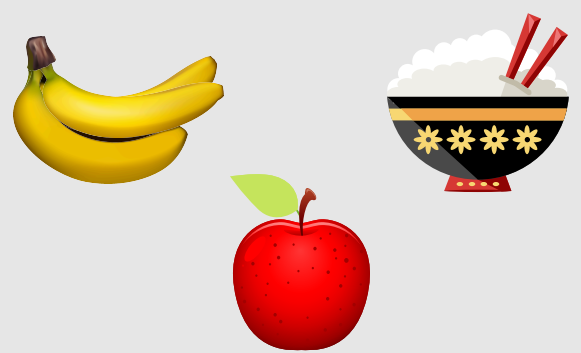
3 oz almonds = 19g

3 oz sunflower seeds = 19g

1 cup tempeh = 31g

g = grams of protein  
3oz of cooked meat = 1 deck of cards.  
1 cup = 8 fluid ounces

# MEDIUM - LOW PROTEIN FOODS



1 cup dairy milk = 8g

2 tbsps peanut butter = 7g

1 cup soy milk = 6g

1 cup brown rice = 5g

1 cup white rice = 4g

1 cup green beans = 1.7g

1 cup broccoli = 3g

1 cup oat milk = 2g

1 medium banana = 1g

1 large tomato = 1 1/2g

1 cup coconut milk = 1/2g

1 large apple = 1g

50 g of protein recommended daily.



nwbronxfoodjusticeproject



NW Bronx Food Justice Project

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<https://rsshny.org/nwbronxfoodjustice/nwbronxfoodjustice.html>

Source(s): <https://fdc.nal.usda.gov/>  
<https://nuts.com/healthy-eating/high-protein-foods>