

Protein Food Items – AIM FOR 60-80 grams per day!	Portion Size (ready to eat)	Protein (grams)	Calories
Poultry, Beef, Pork, and Lamb			
Chicken, white meat (grilled, baked, broiled), no skin	1 ounce	7	35
Chicken, dark meat (leg, thigh, wing), no skin <i>*choose white meat most often</i>	1 ounce	8	60
Turkey, white meat	1 ounce	8	40
Turkey or Chicken, ground (97% fat free) or “lean” or “extra lean”	1 ounce	6	30
Beef (lean ground sirloin 95/5, round roasts (eye round, top round, round tip), top loin, top sirloin), all should be at least 90% lean	1 ounce	9	50
Pork (pork tenderloin, center loin, pork loin and Canadian bacon)	1 ounce	8	50
Lamb and Veal (chop or roast)	1 ounce	7.5	50-60
Deli meats (turkey, chicken, lean roast beef, lean ham)	1 ounce	5	30-40
Fish			
White fish (cod, tilapia, orange roughy)	1 ounce	6-7	30-35
Salmon	1 ounce	6	60
Tuna fish (canned/packed in water)- or Tuna pouches	1 ounce	7	35
Shrimp, crab, lobster	1 ounce	6	30
Milk/Cheese/Dairy Products <i>*be sure to choose low-fat products</i>			
Milk: skim/fat-free, 1% or fat-free Lactaid®	8 ounces	8	90-110
Soy milk (plain, fat-free)	8 ounces	6	70
Kefir (low-fat)	8 ounces	14	180
Greek style yogurt (fat-free) (e.g. Dannon® Lite & Fit or Yoplait® Lite)	5 oz container	15	80-90
Light Cheese Sticks	1 stick	5-8	60-90
Shredded cheese (low-fat)	¼ cup	7	80
Cottage cheese (fat-free or low-fat)	½ cup	14-15	80-100
Ricotta cheese (part-skim)	¼ cup	7	90
Eggs			
Egg-scrambled, hardboiled	1	6	75
Egg white (no yolk)	1	4	20
Egg substitutes	¼ cup	6	30
Beans and Lentils			
Lentils	½ cup	9	100
Beans (kidney, navy, black beans, lima etc.)	½ cup	7	100
Refried beans (fat-free)	½ cup	6	100
Chili with beans (drained) <i>*choose low-fat versions if using canned chili</i>	½ cup	10	150
Soy Products			
Edamame (soybeans)	½ cup	11	125
Dried edamame beans (like Seapoint Farms)	¼ cup	14	130
Tofu, firm	2 ounces	9	80
Tofu, soft-silken	½ cup	7	70
Veggie Burgers (Boca® Burgers, Morningstar Farms®, Garden Burger®)	2-4 oz patties	10-17	140-210
Soy crumbles (such as Boca® Ground Burger)	2 ounces	13	60
Nuts <i>*high in fat, watch portion sizes</i>			
Natural peanut butter	2 tbsp	8	210
PB2 (found at GNC and Big Lots)- powered PB you mix with water	2 tbsp	4	45
Almond butter	2 tbsp	3	200
Peanuts, Almonds, Walnuts, Cashews	¼ cup	6-9	160-200
Pistachios	¼ cup	6	170
Miscellaneous Items			
Kashi GoLean cold cereal (not Kashi GoLean Crunch)	½ cup	6.5	70
Old fashioned rolled oats (oatmeal) made w/ ½ cup skim milk	¼ cup dry oats	9	120
Oscar Meyer P3 Portable Protein Packs	1 package	13	160
Frozen Meals (Lean Cuisine, Smart Ones, Healthy Choice)	1 package	15-25	200-300

- Protein foods listed on the previous page should be combined with fiber containing foods (fruits, vegetables and whole grains) at each meal and snack (see page 4). Whole grains and vegetables will provide a small amount of additional protein.
- **Due to the high fat content, avoid fried foods (French fries, anything labeled “crispy”) and high-fat meats such as pork bacon, sausage, hot dogs, chorizo, bologna, pepperoni, salami, bratwurst, ribs and spam, etc. Also avoid high fat simple sugars like ice cream, cookies, cake, pies, doughnuts, etc.**

PROTEIN BARS AND PROTEIN SHAKES

Protein bars and shakes are considered Meal Replacement Products and can take the place of any meal or snack. They are an easy and convenient way to consume control calories and consume protein. Protein bars and shakes are generally found near the pharmacy section of your local grocery store, Wal-Mart®/Target® or Walgreens®/CVS®. Many people have to try a number of different bars and shakes to find ones they enjoy. If you don't like one, try a different brand, there are many options available today!

▪ **Protein Bars**-Meal Replacement Products

Look for protein bars that have **<250 calories, <10 grams sugar and at least 10 grams of protein.**

Recommended protein bars.:

Atkins™ Advantage bars, Atkins™ Daybreak bars, South Beach® Meal Bars, Muscle Milk® Light bars, Kellogg's® Special K™ Meal bars, Myoplex® Lite bar, DeTour® Lower Sugar bars, Kashi® GoLean™ protein bars, Pure Protein® bars, Zone Perfect® protein bar ,Think Thin® protein bar, Quest™ Nutrition bar (GNC, Vitamin Shoppe), Medifast® bars (online), Nature's Valley® protein bars (by granola bars in grocery store), Aldi's Fit & Active brand protein bars (Aldi stores only)

▪ **Protein Shakes**-Meal Replacement Products

There are two main types of protein shakes – those that are ready-to-drink (RTD) and those you mix yourself with milk or water. You should look for shakes that have **<250 calories, <10g sugar and at least 10 grams of protein.**

Recommended RTD protein shakes:

Atkins™ Advantage shakes, Slim Fast® Low Carb, Muscle Milk® Light shakes, Muscle Milk Light 100 calorie shakes, EAS Myoplex® Lite shakes, EAS Myoplex® Carb Control shakes, EAS AdvantEDGE® Carb Control™ shakes, Pure Protein® shakes, Boost® Glucose Control™ shakes (not regular Boost), Premier Nutrition® Protein shakes 30g (found only at Costco and Sam's Club), PowerPak Pudding (30g protein) available at GNC

Recommended Mix-It-Yourself Shakes .:

Slim Fast® High Protein powder, EAS Myoplex® Lite powder

▪ **Protein Powders**

Protein powders are useful to add protein to your diet. They are generally not considered a meal replacement product, but would be okay to have alone as a meal or snack 1-2 times per day. Most protein powders contain about 15-25g protein per scoop, check the food label for specific information.

Recommended protein powders:

100% Whey Protein Isolate or 100% Soy Protein Isolate powder that contains **~100-140 calories, 3-6 grams of carbohydrates and 18-25g protein per 1 scoop.** Such as Unjury® (online), Pure Protein® Whey Protein Powder (Target®, Meijer®, Walmart®, Vitamin Shoppe®), Optimum Nutrition Gold Standard® 100% Whey Powder (GNC®, Vitamin Shoppe®), Designer Whey® 100% Premium Whey Protein Powder (Jewel®, Meijer®, Vitamin Shoppe®), Optimum Nutrition 100% Soy Protein (GNC®, Vitamin Shoppe®), GNC® Pro Performance® Soy Protein 95 Powder™ (GNC®), Biochem® whey protein powder (GNC, Whole Foods)