

Clinical Nutrition

Name: _____ Date: _____

Dietitian: _____ Contact Information: _____

Foods with Protein



3oz Poultry
28g protein



3oz Beef
26g protein



3oz Pork
22g protein



½ cup Tofu
7g protein



1 Egg
6g protein



3oz Tuna
22g protein



3oz Fish
22g protein



3oz Shellfish
20g protein



4 oz Cottage Cheese
14g protein per 4oz



1oz Cheese
7g protein per 1 oz



1 cup Cows/Soy Milk
8g protein



½ cup Yogurt
11g protein



½ cup Chickpeas
7g protein



¼ cup Hummus
5g protein



½ cup Lentils
9g protein



½ cup Beans
8g protein



1oz Nuts
5g protein



1 Tbsp Nut Butter
7g protein



1oz Seeds
6g protein



1 scoop Protein Powder
25g protein

Notes:

This information is not intended to take the place of medical advice.
Contact your Registered Dietitian or health care provider for more information.

Clinical Nutrition / Service de nutrition clinique
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