

SPORTS CENTER

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Protein Content of Common Foods

Source: Harvard School of Public Health

Food	Serving	Weight (grams)	Protein grams
Hamburger, extra lean	6 ounces	170	48.6
Chicken, roasted	6 ounces	170	42.5
Fish	6 ounces	170	41.2
Tuna, water packed	6 ounces	170	40.1
Beefsteak, broiled	6 ounces	170	38.6
Cottage cheese	1 cup	225	28.1
Cheese pizza	2 slices	128	15.4
Yogurt, low fat	8 ounces	227	11.9
Tofu	1/2 cup	126	10.1
Lentils, cooked	1/2 cup	99	9
Skim milk	1 cup	245	8.4
Split peas, cooked	1/2 cup	98	8.1
Whole milk	1 cup	244	8
Lentil soup	1 cup	242	7.8
Kidney beans, cooked	1/2 cup	87	7.6
Cheddar cheese	1 ounce	28	7.1
Macaroni, cooked	1 cup	140	6.8
Soymilk	1 cup	245	6.7
Egg	1 large	50	6.3
Whole wheat bread	2 slices	56	5.4
White bread	2 slices	60	4.9
Rice, cooked	1 cup	158	4.3
Broccoli, cooked	5 inch piece	140	4.2
Baked potato	2x5 inches	156	3
Corn, cooked	1 ear	77	2.6

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