



**Natalia García**

Functional Nutrition & Wellness

# Protein Content in Common Foods

## Plant-Based Foods

- Lentils, 1 cup, cooked - 18 g per serving
- Other legumes, 1 cup, cooked - 14-18 g per serving
- Hemp seeds, 1/4 cup - 13 g per serving
- Pumpkin seeds, 1/4/ cup - 10 g per serving
- Kamut, spelt, 1 cup, cooked - 10-12 g per serving
- Amaranth, 1 cup, cooked - 10 g per serving
- Quinoa, 1 cup, cooked - 8 g per serving
- Nuts, most, 1/4 cup - 5-8 g per serving
- Oatmeal, 1 cup, cooked - 6 g per serving
- Spinach, 1 cup, cooked - 5 g per serving

## Animal Foods

- Meat, 3 oz - 20-25 g per serving
- poultry, 3 oz - 20-25 g per serving
- Fish, 3 oz - 20-25 g per serving
- Eggs, 2 large - 12 g per serving
- Milk, 2 %, 1 cup - 8 g per serving
- Cheese, cheddar, 1 oz - 7 g per serving