



Natalia García

Functional Nutrition & Wellness

Protein Content in Common Foods

Plant-Based Foods

- Hemp seeds, 1/4 cup - 13 g per serving
- Pumpkin seeds, 1/4/ cup - 10 g per serving
- Nuts, most, 1/4 cup - 5-8 g per serving
- Spinach, 1 cup - 5 g per serving
- Asparagus, 1 cup - 4 g per serving
- Broccoli, 1 cup - 4 g per serving
- Brussels Sprouts, 1 cup - 5 g per serving
- Avocado, 1 cup, 4 g per serving
- Artichokes, 1 cup - 5 g per serving
- Kale, 1 cup - 3.5 g per serving
- Apricots, 1 cup - 4 g per serving
- Kiwi, 1 cup, 2 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