



STOCK YOUR PROTEIN PANTRY

Here's a helpful guide to stock up on protein staples so you can easily enjoy flavorful, protein-rich meals any time of the day. Aiming for 25-30 grams of protein at each meal may be beneficial for overall health.^{1,2}

High-quality or Complete Proteins	Meat / Eggs (cooked)	Protein	Calories
	3 oz. Beef Strip Steak*	25g	170
	3 oz. Beef Tenderloin*	26g	170
	3 oz. 93% Lean Ground Beef	22g	150
	3 oz. 90% Lean Ground Beef	21g	170
	3 oz. Lamb Chops*	23g	160
	3 oz. Pork Tenderloin*	22g	120
	3 oz. Pork Chops*	26g	170
	3 oz. 96% Lean Ground Pork	27g	160
	3 oz. 84% Lean Ground Pork	23g	260
	3 oz. Skinless Chicken Breast	26g	140
	3 oz. Ground Chicken	20g	160
	3 oz. Turkey Breast	26g	130
	3 oz. 93% Lean Ground Turkey	23g	180
	3 oz. Roasted Ham	25g	180
3 oz. Deli Roast Beef	16g	100	
3 oz. Deli Turkey	11g	100	
3 oz. Deli Ham	17g	110	
3 Slices Cooked Bacon	11g	130	
1 Large Scrambled Egg	6g	90	
1 oz. Beef Jerky	9g	120	
<i>*visible fat trimmed</i>			
	Fish/Seafood (cooked)	Protein	Calories
	3 oz. Canned Tuna	20g	110
	3 oz. Filet of Catfish	16g	120
	3 oz. Filet of Tilapia	22g	110
	3 oz. Filet of Salmon	21g	130
	3 oz. Crabmeat	16g	80
	3 oz. Shrimp	19g	100
	3 oz. Lobster	16g	80

High-quality or Complete Proteins	Dairy	Protein	Calories
	6 oz. Non-fat Greek Plain Yogurt	17g	100
	6 oz. Non-fat Yogurt	10g	95
	1 oz. Swiss Cheese	8g	110
	1 oz. American Cheese	6g	90
	1 oz. Cheddar Cheese	6g	110
	1 oz. Colby Cheese	7g	110
	4 oz. Low-fat Cottage Cheese	13g	110
	1 cup Reduced Fat 2% Milk	8g	120
	Beans & Peas (cooked)	Protein	Calories
1/2 cup Edamame	9g	90	
1/2 cup Tofu	9g	70	

Incomplete Proteins	Beans & Peas (cooked)	Protein	Calories
	1/2 cup Pinto Beans	8g	120
	1/2 cup Black Beans	8g	110
	1/2 cup Kidney Beans	4g	30
1/2 cup Garbanzo Beans	7g	130	

Incomplete Proteins	Nuts & Seeds	Protein	Calories
	2 Tbsp. Peanut Butter	8g	190
	2 Tbsp. Almond Butter	7g	195
	1 oz. Peanuts	7g	160
	1 oz. Almonds	6g	160
	1 oz. Pistachios	6g	160
	1 oz. Walnuts	4g	190
	1 oz. Pecans	3g	200
1 oz. Dry Roasted Mixed Nuts	6g	170	
1 oz. Sunflower Seeds	5g	175	

Why are some proteins considered high-quality or complete?

Proteins are made up of amino acids. Your body needs 21 amino acids, but only nine are essential, meaning they must come from food. Your body can make the remaining non-essential amino acids. Proteins that contain all nine essential amino acids in proportions most useful to the body are called complete or high-quality proteins.

REFERENCES:

- Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.
- Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr* 2015;101:1339S-45S.

The U.S. Department of Agriculture National Nutrient Database for Standard Reference is the major source of food composition data in the United States and the foundation for most food composition databases in the public and private sectors. The protein and calorie data listed in this table are sourced from this database. The Nutrient Data Base number (NDB #) provided for each protein food is the item code assigned in the database.

NDB per item: Beef Strip Steak - 13448, Beef Tenderloin - 13442, 93% Lean Ground Beef - 13364, 90% Lean Ground Beef - 13364, Lamb Chops - 10041, Pork Tenderloin - 10061, Pork Chops - 10041, 96% Lean Ground Pork - 10979, 84% Lean Ground Pork - 10978, Skinless Chicken Breast - 05064, Ground Chicken - 05333, Turkey Breast - 05220, 93% Lean Ground Turkey - 05666, Roasted Ham - 10011, Deli Roast Beef - 07042, Deli Turkey - 07944, Deli Ham - 07028, Cooked Bacon - 10861, Scrambled Egg - 01132, Beef Jerky - 19002, Canned Tuna - 15126, Catfish Filet - 15235, Tilapia Filet - 15262, Salmon Filet - 15212, Crabmeat - 15137, Shrimp - 15151, Lobster - 15148, Non-fat Greek Plain Yogurt - 01256, Non-fat Yogurt - 01118, Swiss Cheese - 01040, American Cheese - 01045, Cheddar Cheese - 01009, Colby Cheese - 01011, Low-fat Cottage Cheese - 01012, Reduced Fat 2% Milk - 01079, Edamame - 11212, Tofu - 16281, Pinto Beans - 16043, Black Beans - 16015, Kidney Beans - 11030, Garbanzo Beans - 16057, Peanut Butter - 16097, Almond Butter - 12195, Peanuts - 16087, Almonds - 12061, Pistachios - 12151, Walnuts - 12155, Pecans - 12142, Dry Roasted Mixed Nuts - 12135, Sunflower Seeds - 12039.

*US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>