

# PROTEIN COUNTER

## Processed Products

Milk, (1C).....	8gm
Cheddar/Swiss, (1oz).....	7gm
Processed Cheese, (1oz).....	6gm
Cottage Cheese, (1/2C).....	12gm
Ice Cream, (1C).....	6gm
Yogurt, (1C).....	7gm
Butter, (1tbsp).....	0.1gm
Sour cream, (1oz).....	2.25gm
Cream cheese, (1oz).....	2gm

## Meat

Bologna, (1oz).....	3.8gm
Beef, (3oz).....	20gm
Chicken, (3oz).....	25gm
Egg, (1).....	6gm
Hot Dog, (1).....	7gm
Turkey, (3oz).....	27gm
Pork, (3oz).....	21gm
Liver, (3.5oz).....	26gm
Sausage, links (4oz).....	11gm

## Seafood

Crabmeat, cooked (4oz).....	14gm
Clams, steamed (4oz).....	12gm
Haddock, (3oz).....	16gm
Salmon, (3oz).....	17gm
Shrimp, (4oz).....	20gm
Halibut, (3.5oz).....	26gm
Tuna, canned (4oz).....	28gm
Scallops, baked (4oz).....	17gm
Lobster, steamed (4oz).....	19gm

## Carbohydrates

Potato, (medium).....	2gm
Rice, Brown (1C).....	6gm
Corn, (1C).....	5gm
Egg Plant, cooked (1C).....	2gm
Squash, cooked (1C).....	2gm
Kale, cooked (1C).....	5gm
Noodles, (1C).....	6gm

Sweet Potato, (medium).....	2gm
Bread, (1slice).....	2gm
Crackers, (4Saltines).....	1gm
Doritos, (9/16oz).....	1gm
Fritos, (1oz).....	2gm
Potato Chips, (16pcs).....	0.8gm
Tortillas, (1).....	1.2gm

## Cereals

Cheerios, (1.25C).....	3.8gm
Granola, (1/4C).....	4gm
Shredded Wheat, (2/3C).....	3gm
Wheat Germ, (1tbsp).....	2gm

## Nuts

Peanut Butter, (1tbsp).....	4gm
Peanuts, (1/4C).....	9gm
Walnuts, (1/4C).....	6gm
Sesame seeds (2oz).....	5gm
Sunflower seeds-hilled(2oz).....	13gm
Almonds, (4oz).....	21gm
Cashews, (4oz).....	19gm
Pecans, (4oz).....	10gm

Hummus <sup>Beans</sup> .....	> 5gm
Pinto Beans, (1/2C).....	7gm
Navy Beans, (1/2C).....	7gm
Kidney Beans, (1/2C).....	7gm
Soybean curd-Tofu, (4oz).....	9gm
Soy sauce, (1tbsp).....	1gm
Soymilk pwr-dry (1oz).....	12gm
Lentils (1/2c).....	< 5gm

## Fruit & Juices

Avocado, (large).....	4gm
Apple, (medium).....	0.3gm
Cranberry juice, (1C).....	trace
Grapefruit juice, (1C).....	1gm
Grapes, (1C).....	1gm
Lemon, (medium).....	2.5gm
Nectarine, (medium).....	1gm
Orange, (medium).....	1.6gm

Peach, (medium).....	0.6gm
Pineapple juice, (1C).....	1gm
Pumpkin, raw (1C).....	2.5gm
Strawberry, (1C).....	1gm
Watermelon, (1slice).....	2gm
Cantaloupe, (1/4).....	1gm
Tomato juice, (1C).....	2gm
Vegetable Juice, (4oz).....	1gm
Grape Juice, (4oz).....	0.3gm
Orange Juice, (1/2C).....	1gm
Tangerine, (1med).....	1gm
Raisin, (1/2C).....	2gm
Raspberry, (1C).....	0.5gm
Rhubarb, cooked (1C).....	1gm

## Vegetables

Asparagus, (6spears).....	2gm
Broccoli, (1C).....	5gm
Carrot, (1).....	0.6gm
Celery, (1lg.stalk).....	0.3gm
Lettuce, (1/2C).....	0.3gm
Cucumber, (1/8lbs).....	0.2gm
Tomato, (1).....	1gm
Spinach, raw (1/4C).....	1gm
Cabbage, cooked (1/2C).....	1.2gm
Green Beans, (1/2C).....	0.8gm
Cauliflower, cooked (1C).....	3gm
Beets, cooked (1C).....	2gm
Onions, (1C).....	2.5gm
Eggplant, (1C).....	2gm

## Soups

Vegetable Soup, (1C).....	3gm
Beef Broth, (1C).....	5gm
Chicken Noodle, (1C).....	8gm

## Sugar Foods

Colas, .....	0gm
White Sugar, .....	0gm
Caramels,.....	trace
Honey, (2Tbsp).....	trace

Resource information for this worksheet: *Nutrition during Pregnancy and Lactation* from California Department of Health, *Husband-Coached Childbirth* by Robert Bradley, M.D., *Nourishing Your Unborn Child* by Phyllis Williams, *What Every Pregnant Woman Should Know* by Gail Brewer, *Introductory Nutrition* by Helen Guthrie, and *Composition of Foods* United States Department of Agriculture.