

# Seeking Protein?

Here's what 26 g of protein looks like



1 serving = 75 g **Cooked Beef** <sup>1</sup>  
26 g protein & 184 calories per serving

**Peanut Butter**  
Approx 3.5 servings



1 serving = 2 tbsp  
7 g protein/serving  
184 calories/serving

**Hummus**  
Approx 2 servings



1 serving = 3/4 cup  
14 g protein/serving  
302 calories/serving

**Black Beans**  
Approx 2.5 servings



1 serving = 3/4 cup  
11 g protein/serving  
168 calories/serving

1 serving (75 g) beef is an excellent source of protein.<sup>2</sup>

<sup>1</sup>Beef, composite cuts, steak/roast, lean and fat, cooked.

<sup>2</sup>See [www.thinkbeef.ca](http://www.thinkbeef.ca) for nutrition information.

***Eating Well with Canada's Food Guide* recommends Canadians enjoy a variety of foods from the four food groups, including a variety of foods from the Meat and Alternatives food group.**

Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food codes: Beef 6172, Peanut Butter 6289, Hummus 4870, Black Beans 3377.

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