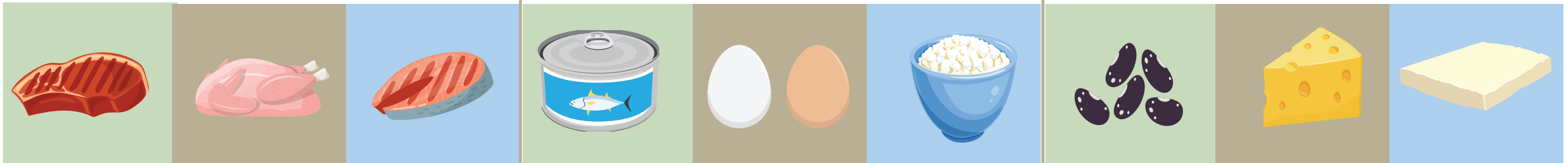


# AMOUNT OF PROTEIN IN COMMON FOODS

Based on Health Canada's standard serving sizes (in brackets below)



## More than **20 g**

(100 g for each)

Beef  
Pork  
Lamb  
Veal  
Goat  
Chicken and turkey  
Fish and seafood

## **10 g to 20 g**

Canned fish (55 g)  
Eggs (2)  
Tempeh (85 g)  
Deli meats (55 g)  
Cottage cheese (125 g)  
Greek yogurt (125 mL)  
Edamame (125 mL)

## Less than **10 g**

Cheese (30 g)  
Plain yogurt (115 g)  
Milk or soy milk (250 mL)  
Nuts and seeds (30 g)  
Nut butters (15 g)  
Tofu (85 g)  
Beans and lentils (125 mL)  
Hummus (15 mL)