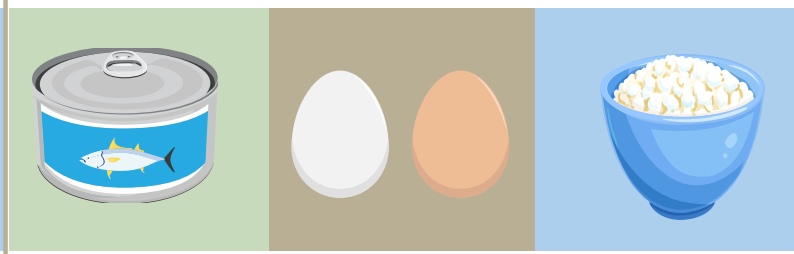


# AMOUNT OF PROTEIN IN COMMON FOODS

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

		
More than <b>20 g</b>	<b>10 g to 20 g</b>	Less than <b>10 g</b>
<p>(100 g for each, cooked)</p> <p>Beef</p> <p>Pork</p> <p>Lamb</p> <p>Veal</p> <p>Goat</p> <p>Chicken and turkey</p> <p>Fish and seafood</p>	<p>Canned fish (55 g)</p> <p>Eggs (2)</p> <p>Tempeh (85 g)</p> <p>Deli meats (55 g)</p> <p>Cottage cheese (125 g)</p> <p>Greek yogurt(125 mL)</p> <p>Edamame (125 mL)</p>	<p>Cheese (30 g)</p> <p>Plain yogurt (115 g)</p> <p>Milk or soy milk (250 mL)</p> <p>Nuts and seeds (30 g)</p> <p>Nut butters (15 g)</p> <p>Tofu (85 g)</p> <p>Beans and lentils (125 mL)</p> <p>Hummus (15 mL)</p>

Based on Health Canada's standard serving sizes.<sup>3</sup> Canadian Nutrient File 2015.

