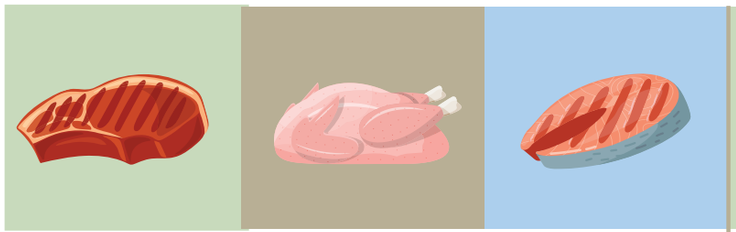
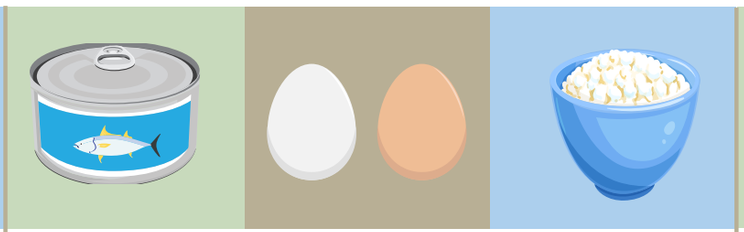
AMOUNT OF PROTEIN IN COMMON FOODS

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

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

Canadian Nutrient File 2015

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