|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Protein in Food** | **Portion** | **Protein (grams)** | **Carbohydrate in Food** | **Portion** | **Carbohydrate**  **(grams)** |
| **Cottage cheese, low-fat** | **1 cup** | **30** | **Whole wheat bread** | **2 slices** | **30** |
| **Broiled, skinless chicken breast** | **3.5 oz.** | **29** | **Whole-wheat pita** | **1 whole** | **35** |
| **Roasted turkey breast** | **3 oz.** | **25** | **Instant Oatmeal** | **1 packet** | **35** |
| **Tuna, water packaged** | **3 oz.** | **25** | **Brown rice (cooked)** | **1 cup** | **45** |
| **Lean beef sirloin** | **3oz.** | **25** | **Cream of wheat** | **0.5 c.** | **15** |
| **Hamburger** | **4 oz.** | **20** | **Baked potato** | **6 oz.** | **40** |
| **Halibut, fish** | **3 oz.** | **23** | **Sweet potato** | **5 oz.** | **25** |
| **Pork chop** | **4 oz.** | **18** | **Fruits (raspberries, blackberries, blueberries)** | **1 cup** | **15-30** |
| **Beef and bean chili** | **1 cup.** | **15** | **Banana** | **1 med** | **22** |
| **Whey Protein Isolate** | **1 oz. scoop** | **25** | **Melons, cantaloupe, honeydew** | **1 c.** | **15** |
| **Greek Yogurt** | **2/3 cup** | **18** | **Pasta** | **1 c.** | **40** |
| **Non-Greek yogurt** | **6-8 oz.** | **14** | **Whole-grain Bagel** | **Large** | **45-55** |
| **String cheese** | **1 oz.** | **8** | **Grapes** | **1 c.** | **30** |
| **Milk, low-fat** | **1 cup** | **8** | **Orange** | **1 lg** | **33** |
| **Boiled egg** | **1 lg** | **6** | **Whole grain pasta** | **1 c. cooked** | **40** |
| **Tofu** | **1 cup.** | **20** | **Whole wheat pretzels** | **1 c.** | **30** |
| **Garbanzo or black beans** | **1 cup.** | **12** | **High-fiber granola** | **28 g** | **20** |
| **Almonds** | **1 oz.** | **6** | **Quinoa** | **0.5** | **20** |
| **White fish** | **4 oz.** | **28** | **Kefir** | **1 c.** | **20** |
| **Pumpkin seeds** | **1 oz.** | **7** | **Whole grain waffle** | **2 (4”)** | **26** |

***Source: Review of Dietetics 2017-2019, Culinary Nutrition Publishing & fdc.nal.usda.gov***