

# Protein Counter

The foods listed below, sorted by food groups include the highest protein options for foods that are also limited in fat content. Also check food labels for fat content and other foods for protein content. If you think you are not getting enough protein, try some higher protein options.

Breads/Cereals	Vegetables	Fruit	Dairy	Meat*
<p><b>Bread</b></p> <p>1 Slice white – 2.5</p> <p>1 Slice wholemeal – 3</p> <p>1 Slice high protein – 3</p> <p>Medium roll – 5</p> <p>English muffin – 7</p> <p><b>Breakfast cereals*</b></p> <p>Kellogg's All-Bran – 4</p> <p>Kellogg's Bran Flakes – 3</p> <p>Kellogg's Special K – 6</p> <p>Kellogg's Nutragrain – 6</p> <p>Weetbix (2 biscuits) – 4</p> <p>Lowan Oat Bran – 5</p> <p>Uncle Toby's Bran Plus – 4</p> <p>Uncle Tobies Weeties – 4</p> <p>Uncle Toby's Vita-Brits -- 4</p> <p>* 30 gram serves</p>	<p><b>Vegetables</b></p> <p>Mushrooms, raw, ½ cup, 60g – 2</p> <p>Corn kernels, ½ cup, 60g – 2</p> <p>Potato, med cooked, 150g – 4</p> <p>Bean sprouts, 1 cup, 90g – 3</p> <p>Broccoli, 2 florets, 60g – 2</p> <p><b>Beans / lentils</b></p> <p>Lentils, cooked, 30g – 3</p> <p>Baked beans, ½ cup, 150g – 3</p> <p>Beans, dried cooked, 100g – 7</p> <p><b>Soy</b></p> <p>Soy beans, ½ cup, 100g – 12</p> <p>Tempeh, 100g – 19</p> <p>Tofu, firm 100g – 12</p> <p>Tofu, soft 100g – 4</p>	<p><b>Fresh</b></p> <p>Average for medium – 1</p> <p><b>Dried</b></p> <p>Apricots, raisins 30g – 1</p> <p>Figs, 3, 60g – 2</p> <p><b>Meat and dairy products are naturally the richest sources of dietary protein. Cereals contain protein, but most vegetables and fruit contain very little protein.</b></p>	<p><b>Milk</b></p> <p>Skim/reduced fat, 250mL – 10</p> <p>Powdered skim, 30g – 11</p> <p>Soy milk, 250mL – 6</p> <p><b>Cheese</b></p> <p>Cheddar, reduced-fat, 30g – 9</p> <p>Cottage, 30g – 5</p> <p>Ricotta, 30g – 3</p> <p><b>Yoghurt, custard</b></p> <p>Plain/flavoured, 200g – 8</p> <p>Custard, ½ cup, 120mL – 4</p> <p>Reduced fat ice cream, 1 scoop, 50mL – 2</p> <p><b>Protein drinks</b></p> <p>Sustagen, 250mL – 13</p> <p>Aussie Bodies Protein Revival, 375mL – 26</p>	<p><b>Beef</b></p> <p>Lean, raw, 100g – 20</p> <p>Cooked, 100g – 30</p> <p>Lean mince, raw, 100g – 20</p> <p><b>Chicken</b></p> <p>Breast, ½, baked, 80g – 20</p> <p>Meat, no skin, 100g – 27</p> <p><b>Fish</b></p> <p>Raw, 100g – 16</p> <p>Grilled, 100g – 20</p> <p>Prawns, cooked, ½ cup – 11</p> <p><b>Eggs</b></p> <p>1 Medium egg – 5</p> <p>*And meat alternatives</p>