























Protein Content of Common Foods

ANIMAL SOURCE

PLANT SOURCE

 Soy Beverage (250mL) 6g protein	 Kefir (250mL) 8g protein	 Skim Milk, 1% (250mL) 9g protein
 Yogurt, Fat-Free (175mL) 8g protein	 Greek Yogurt, 2% (125mL) 11g protein	 Skim Milk Powder (50mL/25g) 9g protein
 Cheddar Cheese, 18% (50g) 12g protein	 Mozzarella, Partially Skimmed (50g) 12g protein	 Cottage Cheese, 1% (125mL) 12g protein
 Canned Shrimp (75g) 15g protein	 Tuna, Canned (125mL/81g) 16g protein	 Egg, Large (1) 6g protein
 Salmon, Canned (75g) 16g protein	 Ground Beef, Cooked (75g) 19g protein	 Atlantic, Wild Salmon (75g) 19g protein
 Chicken Breast, Cooked (75g) 24g protein	 Pork Loin, Braised (74g) 22g protein	

 Edamame, Boiled (125mL) 12g protein	 Soybeans, Boiled (125mL) 15g protein	 Hummus (60mL) 5g protein	 Kidney Beans, Canned (125mL) 7g protein
 Black Beans, Boiled (125mL) 8g protein	 Lentils, Boiled (175mL) 13g protein	 Tofu, Extra Firmed (150g) 11g protein	 Hemp Seeds, Hulled (30mL) 7g protein
 Chickpeas, Canned (125mL) 5g protein	 Sesame Seeds, Toasted (30mL) 3g protein	 Flaxseeds, Ground (30mL) 3g protein	 Cashews, Roasted (60mL/35g) 5g protein
 Almonds, Roasted (32g) 7g protein	 Peanut Butter (30mL) 8g protein	 Sunflower Seeds, Roasted (60mL) 6g protein	 Amaranth, Cooked (125mL) 5g protein
 Quinoa, Cooked (125mL) 4g protein	 Brown Rice, Cooked (125mL) 2g protein	 Spaghetti, Cooked (125mL) 4g protein	 Oats, Quick, Quaker (175mL/173g) 5g protein
 Bread, Whole Grain, Toasted (1 Slice) 4g protein	 Broccoli, Cauliflowers, Frozen (125mL) 2g protein		

Note: Protein content may vary slightly depending on the specific brand and production method of the product.

Citation: Binkley C & Ling E. Protein content of common foods. Infographic (2023).
Source: Canadian Nutrient File, 2015 <https://food-nutrition.canada.ca/cnf-fce/>