



PROTEIN TRACKER

Here's a handy tool to help you identify how much protein you get in a day's eating.

Use the grid below to track the protein content of the food you eat. To save you time, we've included a list of common foods and how much protein they provide per serving.* After a week of tracking, you'll get an accurate snapshot of your average protein intake. Then, refer to Page 3 of the Protein Booklet to see how much protein you should consume.

	FOOD ITEM	PROTEIN (g)
MONDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
TUESDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
WEDNESDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	

	FOOD ITEM	PROTEIN (g)
THURSDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
FRIDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
SATURDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
SUNDAY	BREAKFAST	
	BREAKFAST	
	BREAKFAST	
	LUNCH	
	LUNCH	
	LUNCH	
	DINNER	
	DINNER	
	DINNER	
	DAILY TOTAL	
	WEEKLY TOTAL	

If you don't find some of the foods you eat on our list, the USDA Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search/>) lists the protein content of more than 1,000 foods.

FOOD OR BEVERAGE	COMMON MEASURE	PROTEIN(g)
Apples, raw, with skin	1 apple	0.4
Asparagus, cooked, drained	4 spears	1.4
Bagels, egg	3-1/2" bagel	7.5
Bananas, raw	1 banana	1.3
Beans, black, cooked, without salt	1 cup	15.2
Beans, green, canned, drained	1 cup	1.6
Beef, ground, 85% lean meat, cooked	3 oz	22.0
Beef, top sirloin, trimmed, cooked	3 oz.	23.0
Beets, cooked, drained	1 cup	2.9
Biscuits, plain or buttermilk, refrigerated dough, baked	2-1/4" biscuit	1.6
Blackberries, raw	1 cup	2.0
Blueberries, raw	1 cup	1.1
Bologna, beef and pork	2 slices	8.6
Bread, banana	1 slice	2.6
Bread, Italian	1 slice	1.8
Bread, wheat	1 slice	2.7
Bread, whole-wheat, commercially prepared, toasted	1 slice	4.1
Broccoli, raw	1 cup	2.5
Brussels sprouts, cooked	1 cup	4.0
Candies, milk chocolate	1 bar	3.4
Carrots, raw	1 carrot	0.7
Cauliflower, raw	1 floweret	0.3
Celery, raw	1 stalk	0.3
Cereals ready-to-eat, rice, puffed, fortified	1 cup	0.9
Cereals ready-to-eat, wheat, puffed, fortified	1 cup	1.8
Cereals, oats, instant, fortified, plain, prepared with water	1 packet	4.2
Cheese, cottage	1 cup	23.4
Cheese, cream, fat free	1 tbsp	2.5
Cheese, mozzarella, whole milk	1 oz	6.3
Cheese, Swiss	1 oz	7.6
Chicken pot pie, frozen entree, prepared	1 small pie	13.2
Chicken breast, cooked	3 oz	24.3
Coffee, brewed from grounds	6 fl oz	0.2
Coleslaw	1 cup	1.6
Cookies, chocolate chip, commercially prepared	1 cookie	0.6
Cookies, peanut butter, commercially prepared	1 cookie	1.4
Corn, sweet, white, cooked	1 ear	2.6
Corn, sweet, yellow, cooked	1 ear	2.6
Crackers, saltines (includes oyster, soda, soup)	4 crackers	1.1
Crackers, whole-wheat	4 crackers	1.4
Cranberry juice cocktail	8 fl oz	0.0
Crustacean, crab, Alaska king, cooked	3 oz	16.5
Crustacean, lobster, cooked	3 oz	17.4
Crustacean, shrimp, cooked, breaded and fried	3 oz	18.2
Cucumber, peeled, raw	1 large	1.7
Danish pastry, cheese	1 danish	5.7
Egg, whole, hard-boiled	1 large	6.3
English muffins, plain, toasted	1 muffin	5.4
Fast food pizza chain, pepperoni	1 slice	13.1
Fast food burrito, with beans and meat	1 burrito	11.2
Fast food submarine sandwich, with cold cuts	1 sandwich, 6" roll	21.8
Fish, halibut, cooked	1/2 fillet	42.4
Fish, salmon, cooked	3 oz	23.2
Fish, tuna, canned in water	3 oz	21.7
Frankfurter, beef	1 frank	5.1
Frozen yogurts, chocolate	1/2 cup	2.9
Fruit cocktail, canned	1 cup	1.1
Grape juice cocktail, frozen concentrate	1 cup	0.5
Grapefruit, raw	1/2 grapefruit	1.0

* Source: U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA national Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnic/ndl>

FOOD OR BEVERAGE	COMMON MEASURE	PROTEIN(g)
Grapes, red or green, seedless	10 grapes	0.4
Ham, sliced, extra lean	2 slices	10.7
Honey	1 tbsp	0.1
Ice cream, chocolate	1/2 cup	2.5
Lamb, loin, lean, cooked	3 oz	25.5
Lemonade, frozen concentrate	8 fl oz	0.2
Lima beans, large, cooked	1 cup	14.7
Macaroni and Cheese	1 cup	8.5
Melon, cantaloupe, raw	1 cup	1.3
Milk, reduced fat (2%)	1 cup	8.1
Muffins, blueberry, commercially prepared	1 muffin	3.0
Mushrooms, shiitake, cooked	1 cup	2.3
Nuts, almonds	1 oz (24 nuts)	6.0
Nuts, pecans	1 oz (20 halves)	2.6
Orange juice, from concentrate	1 cup	2.0
Pancakes, dry mix, prepared	1 pancake	2.0
Pasta with meatballs in tomato sauce	1 cup	10.9
Peaches, raw	1 peach	0.9
Peanut butter	1 tbsp	4.0
Peas, green	1 cup	7.6
Peppers, green, raw	1 pepper	1.0
Peppers, red, raw	1 pepper	1.2
Pickles, cucumber, dill or kosher dill	1 pickle	0.4
Pie, apple, commercially prepared	1 piece	2.2
Pizza, cheese topping, regular crust, frozen, cooked	1 serving	6.5
Pork and beef sausage, cooked	2 links	3.6
Pork chops	3 oz	21.8
Potato salad, home-prepared	1 cup	6.7
Potatoes, baked	1 potato	3.1
Potatoes, scalloped	1 cup	5.2
Raisins, seedless	1 cup	4.5
Rice, brown, long-grain, cooked	1 cup	5.0
Rice, white, long-grain, cooked	1 cup	5.1
Rolls, dinner, plain, commercially prepared	1 roll	3.0
Salad dressing, Italian, commercial, regular	1 tbsp	0.1
Sausage, Vienna, canned, chicken, beef, pork	1 sausage	1.7
Snack, potato chips, plain	1 oz	1.3
Snacks, granola bars, chocolate chip	1 bar	1.6
Snacks, popcorn, air-popped	1 cup	1.0
Snacks, pretzels, plain, salted	10 pretzels	6.2
Snacks, trail mix, with chocolate chips, nuts and seeds	1 cup	20.7
Soup, chicken noodle, canned, prepared	1 cup	3.1
Soup, vegetable beef, canned, prepared	1 cup	5.4
Spinach, raw	1 leaf	0.3
Strawberries, raw	1 cup	1.1
Sweet potato, cooked, baked in skin	1 potato	2.9
Tea, brewed	6 fl oz	0.0
Tofu, soft, prepared	1 piece	7.9
Tomatoes, red, ripe, raw	1 cup	1.6
Tortillas, ready-to-bake, flour	1 tortilla	2.7
Turkey and gravy, frozen	5-oz package	8.4
Turkey, dark meat, cooked	3 oz	24.0
Turkey, light meat, cooked	3 oz	25.1
Waffles, plain, frozen, ready-to-heat, toasted	1 waffle	2.4
Water, tap	8 fl oz	0.0
Watermelon, raw	1 wedge	1.7
Wild rice, cooked	1 cup	6.5
Yogurt, fruit, low fat	8-oz container	9.9
Yogurt, plain, skim milk	8-oz container	13.0