



## Animal Protein Sources with Serving Sizes

Food Item	Serving Size (oz)	Protein (g)	Calories
Chicken breast (cooked, skinless)	3.5	26	165
Turkey breast (cooked, skinless)	3.5	25	135
Beef sirloin (cooked)	3.5	23	210
Pork loin (cooked)	3.5	22	200
Salmon (cooked)	3.5	22	206
Tuna (canned in water)	3.0	20	100
Egg (large)	1.0	6	70
Egg whites (3 egg whites)	3.0	11	51
Greek yogurt (plain, 6 oz)	6.0	17	100
Cottage cheese (low-fat, 1/2 cup)	4.0		90
Milk (1 cup, 2%)	8.0	8	122
Cheddar cheese (1 oz)	1.0	7	113
Ground beef (85% lean, cooked)	3.5	22	218
Lamb chop (cooked)	3.5	23	250
Shrimp (cooked)	3.0	20	99
Tilapia (cooked)	3.5	21	145
Bacon (2 slices, cooked)	2.0	6	87
Sausage link (pork, cooked)	2.0	5	85
Roast duck (cooked)	3.5	27	337