

Animal Sources of Protein

poultry



3oz =
28g

Chicken (Skinless, White Meat)



3oz =
25g

Turkey (Skinless, White Meat)



1 = 6g

Eggs

dairy



1c =
8g

Milk (Nonfat)



1c =
11g

Yogurt



3/4c =
18g

Greek Yogurt



1/2c =
14g

Cottage Cheese (Low Fat or Nonfat)



1oz =
7g

Cheese (Part Skim)

fish



3oz =
22g

Salmon



3oz =
22g

Tuna



3oz =
20g

Trout



3oz =
20g

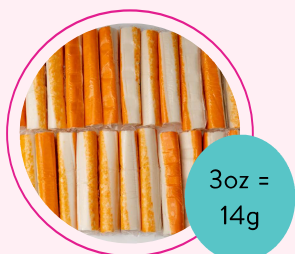
Mackerel



3oz =
19g

Cod

seafood



3oz =
14g

Crab



3oz =
20g

Shrimp



+

& More!