



PROTEIN CONTAINING FOODS

***Meat, Fish, Poultry** *Serving Size: 3 oz cooked*

LOW PROTEIN

To 21 grams

Lean ground beef	
Regular ground beef	(20.5)
Roasted duck	(20.5)
Egg substitute	(11.0)
Large egg white	(3.50)
Large whole egg	(6.30)
Large egg yolk	(2.50)
Veal ribs	(20.4)

HIGHER PROTEIN

From 21.1 to 25.1 grams

Extra lean ground beef	(21.6)
Lean rib beef	(23.2)
Lean eye round	(24.5)
Dark meat chicken	(24.4)
Lean leg of lamb	(24.1)
Lean lamb rib	(22.2)
Lean pork leg	(2.50)
Lean pork roast	(24.4)
Braised pork spareribs	(24.7)
Dark turkey meat	(24.0)

HIGHEST PROTEIN

From 25.1 grams or more

Lean bottom round	(25.9)
Lean top sirloin	(25.8)
White chicken	(27.5)
Lean lamb loin	(25.5)
Lean lamb shoulder	(30.0)
Lean broiled pork chops	(25.7)
Light turkey	(25.1)
Veal leg	(30.7)

***Seafood**

Serving size: 3 oz cooked

LOW PROTEIN

To 17 grams

Raw clams	(10.9)
Alaska king crab	(15.5)
Cooked oyster	(7.50)
6 raw oysters	(5.90)
6 large cooked scallops	(16.8)
6 large shrimp	(9.50)

HIGHER PROTEIN

From 17.1 to 21 grams

Cooked cod	(19.5)
Blue claw crab	(17.2)
Cooked flounder	(20.5)
Cooked haddock	(20.5)
Cooked lobster	(17.4)
Cooked ocean perch	(20.3)
Cooked Pollock	(20.0)
Canned tuna in water	(20.1)

HIGHEST PROTEIN

From 21.1 grams or more

Cooked halibut	(22.7)
Salmon	(23.2)
Cooked swordfish	(22.7)
1 cup tuna salad	(32.9)
Lite tuna in oil	(24.8)
Cooked yellow fin tuna	(25.5)

***Dairy**

As portions stated

LOW PROTEIN

To 7.9 grams

½ cup buttermilk	(4.10)
1 oz. blue cheese	(6.00)
1 oz. cheddar cheese	(1.10)
1 tbsp. cream cheese	(1.10)
1 tbsp. fat free cream cheese	(2.30)
1 oz. feta cheese	
1 oz. mozzarella cheese	(7.80)
1 tbsp. parmesan cheese	(2.10)
1 oz. provolone cheese	(7.30)
½ cup vanilla frozen yogurt	(2.90)

HIGHER PROTEIN

From 8 to 12 grams

1 oz. Swiss cheese	(8.10)
1 cup 1% milk	(8.00)
1 cup 2% milk	(8.10)
½ cup evap. Non-fat milk	(9.70)
1 cup skim milk	(8.40)
1 cup whole milk	(8.00)
1 cup low fat plain yogurt	(11.9)

HIGHEST PROTEIN

From 12.1 grams or more

1 cup cottage cheese	(25.0)
1 cup 2% cottage cheese	(31.0)
1 cup non-fat cottage cheese	(25.0)
1 cup part skim ricotta	(28.0)
1 cup ricotta cheese	(27.7)
½ cup condensed milk	(12.2)
½ cup instant dry milk	(12.2)
1 fat free plain yogurt	(13.0)

Michael C. Morris, M.D.

general, laparoscopic & bariatrics

1710 E. Saunders St. Suite B 260 Laredo, TX 78041 (956) 729-STAR Fax: (956) 729-7830

LONE STAR
SURGICAL



PROTEIN CONTAINING FOODS

*Legumes and Nuts

Serving size: ½ cup or 4 ounces, unless otherwise stated

LOW PROTEIN

To 7.9 grams

Boiled black beans	(7.60)
Boiled kidney beans	(7.70)
Lima beans	(7.30)
Boiled navy beans	(7.90)
Pinto beans	(7.00)
Refried beans	(6.90)
Boiled chickpeas	(7.30)
Cow peas	(2.60)
½ cup soy mil	

HIGHER PROTEIN

From 8 to 12 grams

White beans	(9.50)
2 oz. dry roasted cashews	(8.70)
2 oz. roasted cashews	(9.20)
2 oz. european chestnuts	(9.10)
2 oz. hazelnuts	(8.50)
2 tbsp. peanut butter	(8.00)
Split peas	(8.20)
4 oz. raw silken tofu	(9.60)
4 oz. soft tofu	(9.00)
2 oz. english walnuts	(8.60)

HIGHEST PROTEIN

From 12.1 grams or more

3 ½ in. egg bagel	(7.50)
Seasoned bread crumbs	(17.0)
Bread stuffing mix	(6.40)
Dry couscous	(22.1)
Cooked macaroni	(6.70)
Cooked egg noodles	(7.60)
Wild rice cooked	(7.60)
Cooked spaghetti	(6.70)
White wheat flour	(12.9)
Whole grain wheat flour	(16.4)

*Grains and Cereals

Serving size: 1 cup or 1 slice, unless otherwise stated

LOW PROTEIN

To 2.9 grams

½ slice french bread	(2.20)
Italian bread	(1.80)
Oatmeal bread	(2.30)
Wheat bread	(2.70)
Rice crispy cereal	(2.10)
Corn flakes	(1.80)
Corn squares cereal	(1.90)
Plain doughnut	(2.40)
1 dinner roll	(2.40)

HIGHER PROTEIN

From 3 to 6 grams

2 ½ in. biscuit	(4.20)
6 ½ in. white pita	(5.50)
Cream of wheat	(3.80)
Butter croissant	(4.70)
Seasoned croutons	(4.30)
1 whole english muffin	(4.40)
Blueberry muffin	(3.10)
1 packet instant oatmeal	(4.40)
Cooked brown rice	(5.00)
Cooked white rice	(4.30)
Hamburger/hot dog roll	(3.70)
Kaiser roll	(5.60)

HIGHEST PROTEIN

From 6.1 grams or more

3 ½ in. egg bagel	(7.50)
Seasoned bread crumbs	(17.0)
Bread stuffing mix	(6.40)
Dry couscous	(22.1)
Cooked macaroni	(6.70)
Cooked egg noodles	(7.60)
Wild rice cooked	(7.60)
Cooked spaghetti	(6.70)
White wheat flour	(12.9)
Whole grain wheat flour	(16.4)