

How to Increase Protein in your Diet with Food

Aim for 20-30 grams per meal and 5-15 grams per snack.

Amount	Protein foods	Protein (grams (g) per serving)
1 cup (250 mL)	Milk, soy, or lactose free milk	8 g
100 g container	Plain or artificially sweetened yogurt	3 g
100 g container	Greek or Icelandic-style yogurt	8 g
½ cup (125 mL)	Cottage cheese, Greek or Icelandic-style yogurt	15 g
½ cup (125 mL)	Ricotta cheese	15 g
1 oz (30 g)	Cheese	8 g
1 oz (30 g) Cooked	Meats, poultry, and fish: <ul style="list-style-type: none"> • Lean red meat and pork • Extra-lean ground beef, chicken, or turkey • Chicken or turkey • Baked, broiled, or grilled fish • Canned tuna, salmon, or chicken 	8 g
2 slices (60 g)	Lean deli meat (chicken, turkey, ham, or roast beef)	10 g
6 medium	Shrimp (boiled or steamed)	6 g
1 large	Egg	6 g
3 oz (90 g)	Tofu (regular, firm, or extra-firm)	13 g
3 oz (90 g)	Seitan (vegetarian protein food)	18 g
3 oz (90 g)	Tempeh (vegetarian protein food)	15 g
4 tbsp (60 mL)	Textured vegetable protein (TVP)	12 g
½ cup (125 mL)	Beans and lentils	9 g
½ cup (125 mL)	Edamame (fresh soybeans – shelled)	15 g
4 tbsp (60 mL)	Hummus	4 g
1 tbsp (15 mL)	Peanut and other nut butters	3 g
2 tbsp (30 mL)	Nuts and seeds	3 g
2 tbsp (30 mL)	Soy nuts	5 g

