



## Dietary Protein Chart

*This information along with other educational material is available on our website at [www.WatsonClinic.com/Cardosi](http://www.WatsonClinic.com/Cardosi)*

Your goal should be \_\_\_\_\_ g of protein per day until your nutrition improves.

Your goal to maintain a good nutritional status will be \_\_\_\_\_ g of protein per day.

MEATS	SERVING SIZE	PROTEIN (GRAMS)
Hamburger	4 oz	28
Steak	6 oz	42
Chicken: Breast	4 oz	35
Thigh	typical piece	10
Drumstick	typical piece	11
Wing	typical piece	6
Fish	4 oz	24
Tuna	6 oz can	35
Pork: Pork Chop	4 oz	22
Loin/Tenderloin	4 oz	29
Ham	3 oz	19
Bacon	1 slice	3
DAIRY/EGGS		
Egg	1 large	6
Milk	1 cup	8
Cottage Cheese	½ cup	15
Cheese: Soft (mozzarella)	1 oz	6
Medium (cheddar)	1 oz	8
Hard (parmesan)	1 oz	10
Soy milk	1 cup	8
BEANS		
Most beans (black, pinto, etc.)	½ cup cooked	8
OTHER		
Peanut Butter	2 tablespoons	8
Peanuts	¼ cup	9
Almonds	¼ cup	8
Cashews	¼ cup	5
Pecans	¼ cup	2
Pumpkin Seeds	¼ cup	19
Sunflower Seeds	¼ cup	6

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