






PROTEIN

	LOW PROTEIN	HIGHER PROTEIN	HIGHEST PROTEIN
<p>Meat, Poultry and Eggs</p> <p>Portions are 3 ounces fresh and cooked unless otherwise stated</p> 	<p>To 21.0 grams</p> <p>Beef, ground, lean, 21.0 Beef, ground, regular, 20.5 Duck, domestic roasted 20.5 Egg substitute, 11.0 Egg white, 1 large, 3.5 Egg whole, 1 large, 6.3 Egg Yolk, 1 large, 2.8 +Veal, rib, 20.4</p>	<p>From 21.1 to 25.1 grams</p> <p>Beef, ground, extra lean, 21.6 Beef, rib, lean, 23.2 Beef, round, eye, lean, 24.6 Chicken, dark meat, 24.4 Lamb, leg, domestic, lean, cooked, 24.1 Lamb, rib, domestic, lean, cooked, 22.2 +Pork leg, fresh, lean, 25.0 +Pork roast, fresh, lean, roasted, 24.4 +Pork, spareribs, fresh, braised, 24.7 Turkey, dark, 24.0</p>	<p>25.1 or more grams</p> <p>+Beef, round, bottom, lean, 26.9 Beef, top sirloin, lean, 25.8 Chicken, white meat, 27.6 Lamb, loin, domestic, lean, cooked, 25.5 Lamb, shoulder, domestic, lean, cooked, 30.2 +Pork chops, fresh, lean, broiled, 25.7 Turkey, light, 25.1 +Veal, leg, 30.7</p>
<p>Seafood</p> <p>Portions are 3 ounces fresh and cooked unless otherwise stated</p> 	<p>To 17.0 grams</p> <p>+Clams, mixed species, raw, 10.9 +Crab, Alaska King, cooked, 16.5 +Oyster, cooked, 7.5 Oyster, raw, 6 medium, 5.9 +Scallop, cooked, 6 large, 16.8 Shrimp, 6 large, 9.6</p>	<p>From 17.1 to 21 grams</p> <p>Cod, cooked, 19.5 Crab, blue, cooked, 17.2 Flounder, cooked, 20.5 +Haddock, cooked, 20.6 Lobster, cooked, 17.4 Ocean Perch, cooked, 20.3 Pollock, cooked, 20.0 Sole, cooked, 20.5</p>	<p>21.1 or more grams</p> <p>+Halibut, cooked, 22.7 +Salmon, 23.2 Swordfish, cooked, 21.6 +Tuna salad, 1 cup, 32.9 +Tuna, light, canned in oil, 24.8 +Tuna, yellow fin, cooked, 25.5</p>
<p>Dairy</p> <p>Portions as stated</p> 	<p>To 7.9 grams</p> <p>+Buttermilk, ½ cup, 4.1 Cheese, blue, 1 oz, 6.0 Cheese, cheddar, 1 oz, 7.0 Cheese, cream, 1 tbsp, 1.1 Cheese, cream, fat free, 1 tbsp, 2.3 Cheese, feta, 1 oz, 4.0 Cheese, mozzarella, 1 oz, 7.8 +Cheese, parmesan, grated, 1 tbsp, 2.1 Cheese, provolone, 1 oz, 7.3 Ice cream, vanilla, ½ cup, 2.3 Ice cream, vanilla, light, (50%), ½ cup, 2.5 Sherbert, orange, 1 cup, 1.6 +Yogurt, frozen vanilla, ½ cup, 2.9 +Yogurt, plain, whole, 1 cup, 7.9</p>	<p>From 8 to 12 grams</p> <p>Cheese, swiss, 1 oz, 8.1 +Milk, 1%, 1 cup, 8.0 +Milk, 2%, 1 cup, 8.1 +Milk, evaporated, nonfat, ½ cup, 9.7 +Milk, nonfat, 1 cup, 8.4 +Milk, whole, 1 cup, 8.0 +Yogurt, plain, low fat, 1 cup, 11.9</p>	<p>12.1 or more grams</p> <p>Cheese, cottage, creamed, 1 cup, 26.0 Cheese, cottage, low fat, (2% milk fat), 1 cup, 31.0 Cheese, cottage, nonfat, 1 cup, 25.0 +Cheese, ricotta, part skim milk, 1 cup, 28.0 +Cheese, ricotta, whole milk, 1 cup, 27.7 +Milk, condensed, sweetened, ½ cup, 12.1 +Milk, dry, nonfat instant, ½ cup, 12.2 +Yogurt, plain, skim, 1 cup, 13.0</p>
<p>Legumes and Nuts</p> 	<p>To 7.9 grams</p> <p>+Beans, black, boiled, 7.6 +Beans, kidney, -boiled, 7.7 +*Beans, lima, 7.3 +Beans, navy, boiled, 7.9 +*Beans, pinto, 7.0 +Beans, refried, 6.9 +Chickpeas, boiled, 7.3 Cowpeas, cooked from raw, drained, 2.6 +Pecans, 2 oz, 5.2 *Soy milk, 3.8</p>	<p>From 8 to 12 grams</p> <p>+*Beans, white, 9.5 +Cashews, dry roasted, 2oz, 8.7 +Cashews, oil roasted, 2 oz, 9.2 +Chestnuts, European, 2oz, 9.1 +Hazelnuts, 2oz, 8.5 +Peanut Butter, 2 Tbsp, 8.0 *Peas, split, 8.2 +Soy hamburger patty, 2.5 oz, 12.0 +Tofu, silken, raw, 4 oz, 9.6 +*Tofu, soft, raw, 4 oz, 9.0 +Walnuts, English, 2 oz, 8.6</p>	<p>12.1 or more grams</p> <p>+Almonds 2oz, 12.1 +Beans, soy cooked, 14.3 +*Lentils, cooked, 17.9 +Peanuts, dry roasted, 2 oz, 13.4 +Peanuts, oil roasted, 2 oz, 14.9 +Pine nuts, dried, 2 oz, 13.6 +Pistachios, dry roasted, 2 oz, 12.1 +Soy chicken patty, 2.5 oz, 13.0 +*Tofu, firm, raw, 4 oz, 13.0</p>

<h2>Grains and Cereals</h2> <p>Portions are 1 cup or slice unless otherwise stated</p> 	<h3>To 2.9 grams</h3> <p>Bread, French, 1/21' slice, 2.2 Bread, Italian, 1.8 +Bread, oatmeal, 2.3 +Bread, wheat, 2.7 Cereal, crispy rice, 2.1 Cereal, corn flakes, 1.8 Cereal, corn squares, 2.2 Cereal, rice squares, 1.9 Doughnut, plain, 2.4 Rolls, dinner (brown and serve), 1 roll, 2.4</p>	<h3>From 3 to 6 grams</h3> <p>Biscuits, plain, 2 1/2", 4.2 Bread, pita, white, 6 1/291 pita, 5.5 Cereal, cream of wheat, regular, 3.8 Croissants, butter, 1 croissant, 4.7 Croutons, seasoned, 4.3 English Muffin, 1 whole, 4.4 Muffin, blueberry, premade, 1 muffin, 3.1 +Oatmeal, plain instant, 1 packet, 4.4 Rice, brown, cooked, 5.0 Rice, white, cooked, 4.3 Rolls, hot dog or hamburger, 1 roll, 3.7 Rolls, Kaiser, 1 roll, 5.6</p>	<h3>6.1 or more grams</h3> <p>Bagel, egg, 3 1/2", 7.5 Bread crumbs, seasoned, 17.0 Bread stuffing, from mix, 6.4 Couscous, dry, 22.1 Macaroni, cooked, 6.7 Noodles, egg, cooked, 7.6 Rice, wild, cooked, 6.5 Spaghetti, cooked, 6.7 +Wheat flour, white, 12.9 +Wheat flour, whole grain, 16.44</p>
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+ Foods high in phosphorous. * Foods high in potassium