

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

High-Protein Foods List

Your protein needs may increase or decrease if you have certain medical conditions. Your registered dietitian nutritionist will help you figure out how much protein you need.

Your protein goal is _____grams per day.

Foods High in Protein (5 grams or more)

Food Group	Food	Serving	Amount (grams)
Grains	▶ Pancakes, high protein	▶ ½ cup mix, dry	▶ 6-14
	▶ Pasta, high protein	▶ ½ cup cooked	▶ 7-13
	▶ Quinoa, farro, teff, brown rice, or whole wheat pasta	▶ 1 cup	▶ 6-8
Protein Foods	▶ Beans, peas, or lentils	▶ ½ cup	▶ 7
	▶ Bone broth	▶ 1 cup	▶ 9-13
	▶ Egg or egg substitute	▶ 1 egg or ¼ cup egg substitute	▶ 7
	▶ Meats, poultry, fish, or seafood	▶ 1 ounce	▶ 7
	▶ Nuts	▶ ¼ cup	▶ 7
	▶ Nut butters	▶ 2 tablespoons	▶ 6-8
	▶ Seeds	▶ 2 tablespoons	▶ 7
	▶ Soybeans (shelled edamame)	▶ ½ cup	▶ 7
	▶ Tofu	▶ ½ cup	▶ 9-11
	▶ Veggie burger	▶ 1 patty	▶ 11

Food Group	Food	Serving	Amount (grams)
Dairy and Dairy Alternatives	▶ Cheese	▶ 1 ounce	▶ 7
	▶ Cottage cheese	▶ ¼ cup	▶ 7
	▶ Milk	▶ 1 cup	▶ 8
	▶ Pea milk	▶ 1 cup	▶ 8
	▶ Soy milk	▶ 1 cup	▶ 7
	▶ Yogurt or kefir	▶ ¾ cup	▶ 8
	▶ Yogurt, Greek	▶ ¾ cup	▶ 13-16

Notes: