

# PROTEIN FINDER

## MEAT, POULTRY & EGGS

portions are 3 oz.  
fresh and cooked  
unless otherwise stated



### LOW PROTEIN

all values are in grams (g)

Beef, ground, 20% fat, pan broiled, 20.4  
Duck, roasted, w/o skin 20.0  
Egg substitute, 1/4 cup, 6.0  
Egg white, 1 large, 3.5  
Egg whole, 1 large, 6.2  
Egg yolk, 1 large, 2.8  
Veal, rib, lean, fat roasted, 20.4<sup>†</sup>

### HIGHER PROTEIN

all values are in grams (g)

Beef, ground, 5% fat, pan broiled, 21.9  
Beef, rib, lean, roasted, 23.4  
Beef, round, eye, lean, roasted, 24.5  
Chicken, dark meat, w/o skin, fried, 24.6  
Pork leg, lean, roasted, 25.0<sup>†</sup>  
Pork sirloin, lean, roasted, 24.5<sup>†</sup>  
Pork, spareribs, lean, fat, braised, 24.7<sup>†</sup>  
Turkey, dark meat, w/skin, roasted, 23.5  
Turkey, light meat, w/skin, roasted, 24.5

### HIGHEST PROTEIN

all values are in grams (g)

Beef, round, bottom, lean, braised, 26.9<sup>†</sup>  
Beef, top sirloin, lean, broiled, 25.8  
Chicken, white meat, w/o skin, fried, 27.9  
Lamb, loin, lean, broiled, 25.5  
Lamb, shoulder, lean, braised, 30.2  
Pork chops, lean, broiled, 25.7<sup>†</sup>

## SEAFOOD

portions are 3 oz.  
fresh and cooked  
unless otherwise stated



Clams, mixed species, raw, 10.9<sup>†</sup>  
Crab, Alaska King, moist heat, 16.4<sup>†</sup>  
Oyster, moist heat, 6 medium, 5.9<sup>†</sup>  
Oyster, eastern, raw, 6 medium, 5.9  
Scallop, 6 large, 14.3<sup>†</sup>  
Tuna salad, 13.6<sup>†</sup>

Cod, Pacific, 19.5  
Flounder, 20.5  
Haddock, 20.6<sup>†</sup>  
Lobster, northern, 17.4  
Pollock, 20.0  
Shrimp, moist heat, 17.8

Halibut, Atlantic, 22.7<sup>†</sup>  
Salmon, Atlantic, wild, 21.6<sup>†</sup>  
Swordfish, 21.6  
Tuna, light, cnd. in oil, 24.8<sup>†</sup>  
Tuna, yellowfin, 25.5<sup>†</sup>

## DAIRY

portions as stated



Buttermilk, 1/2 cup, 4.1<sup>†</sup>  
Cheese, blue, 1 oz., 6.1  
Cheese, cheddar, 1 oz., 7.1  
Cheese, cream, 1 T, 1.1  
Cheese, mozzarella, part skim, 1 oz., 7.8  
Cheese, parmesan, grated, 1 T, 2.1<sup>†</sup>  
Cheese, provolone, 1 oz., 7.3  
Ice cream, vanilla, 1/2 cup, 2.8  
Sherbert, orange, 1 cup, 1.6  
Soy milk, (dairy alternative), 4 oz., 3.4<sup>\*</sup>  
Yogurt, plain, whole, 1 cup, 7.9<sup>†</sup>

Cheese, swiss, 1 oz., 8.1  
Milk, 1%, 1 cup, 8.0<sup>†</sup>  
Milk, 2%, 1 cup, 8.1<sup>†</sup>  
Milk, condensed, sweetened, 1/2 cup, 12.0<sup>†</sup>  
Milk, evaporated, nonfat, 1/2 cup, 9.6<sup>†</sup>  
Milk, nonfat, 1 cup, 8.4<sup>†</sup>  
Milk, whole, 1 cup, 8.0<sup>†</sup>  
Yogurt, plain, low fat, 1 cup, 11.9<sup>†</sup>  
Yogurt, plain, skim, 8 oz., 11.9<sup>†</sup>

Cheese, cottage, creamed, large curd, 1 cup, 26.2  
Cheese, cottage, (2% fat), 1 cup, 31.1  
Cheese, cottage, (1% fat), 1 cup, 28.0  
Cheese, ricotta, part skim milk, 1 cup, 28.2<sup>†</sup>  
Cheese, ricotta, whole milk, 1 cup, 28.0<sup>†</sup>  
Milk, dry, nonfat, 1/2 cup, 21.6<sup>†</sup>

## LEGUMES & NUTS

portions = 1/2 cup  
unless otherwise stated



Beans, black, boiled, 7.6<sup>†</sup>  
Beans, kidney, boiled, 7.7<sup>†</sup>  
Beans, lima, 7.3<sup>\*†</sup>  
Beans, pinto, 7.0<sup>\*†</sup>  
Beans, refried, 6.9<sup>†</sup>  
Chestnuts, European, boiled, 2 oz., 1.2<sup>†</sup>  
Chickpeas, boiled, 7.2<sup>†</sup>  
Peanut Butter, creamy, 2 T, 7.0<sup>†</sup>

Almonds, 2 oz., 12.0<sup>†</sup>  
Beans, white, mature, boiled, 8.7<sup>\*†</sup>  
Cashews, dry roasted, 2 oz., 8.6<sup>†</sup>  
Hazelnuts, 2 oz., 8.4<sup>†</sup>  
Lentils, ckd., 9.0<sup>\*†</sup>  
Peas, split, 8.2<sup>\*†</sup>  
Pistachios, dry roasted, 2 oz., 11.6<sup>†</sup>  
Walnuts, English, 2 oz., 8.6<sup>†</sup>

Peanuts, dry roasted, 2 oz., 13.4<sup>†</sup>  
Peanuts, oil roasted, 19.0<sup>†</sup>  
Pine nuts, dried, 2 oz., 13.6<sup>†</sup>  
Soybeans, boiled, 14.3<sup>†</sup>

## GRAINS & CEREALS

portions are 1 cup  
or 1 slice  
unless otherwise stated



Bread, Italian, 1 oz. slice, 2.6  
Bread, oatmeal, .95 oz., 2.3<sup>†</sup>  
Bread, wheat, .88 oz., 2.3<sup>†</sup>  
Bread, white, .88 oz. slice, 2.1  
Cereal, crispy rice, 2.0  
Cereal, corn flakes, 1.8  
Cereal, corn squares, 2.1  
Cereal, rice squares, 1 1/4 cup, 1.9  
Doughnut, plain, 3 1/4", 2.4  
Rolls, dinner, 1 roll, 2.4

Biscuits, plain, 2 1/2", 4.2  
Bread, French, 2.2 oz., 5.0  
Bread, pita, white, 6 1/2", 5.5  
Bread stuffing, from mix, 1/2 cup, 3.2  
Cereal, cream of wheat, regular, 3.8  
Croissants, 1 medium, 4.7  
Croutons, seasoned, 4.3  
English Muffin, 1 whole, 4.4  
Muffin, blueberry, 1 muffin, 3.7  
Oatmeal, plain instant, 5.9<sup>†</sup>  
Rice, brown, ckd., 5.0  
Rice, white, ckd., 3.5  
Rolls, hot dog or hamburger, 1 roll, 3.7  
Rolls, Kaiser, 1 roll, 5.6

Bagel, 4", 11.0  
Bread crumbs, seasoned, 17.0  
Rice, wild, ckd., 6.5  
Spaghetti, enr., ckd., 6.7  
Wheat flour, white, 12.9<sup>†</sup>  
Wheat flour, whole grain, 16.4<sup>†</sup>

<sup>†</sup>Foods high in phosphorus.

<sup>\*</sup>Foods high in potassium.

# Start Smart

IMPROVING THE HEALTH  
OF HEMODIALYSIS PATIENTS



Patient Information:

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Medications:

Dosage Per Meal:

Dosage Per Snack:

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Suggested Grocery List:

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REFERENCE: *Bowes and Church's Food Values of Portions Commonly Used*. Jean A.T. Pennington, PhD, RD & Judith Spungen Douglass, MS, RD, 18th edition, Lippincott Williams & Wilkins (2004).

