

Protein & Amino Acids

Dietary Sources of Protein

Food
Serving
Weight in grams
Protein grams
% Daily Value

Hamburger, extra lean
6 ounces
170
48.6
97

Chicken, roasted
6 ounces
170
42.5
85

Fish
6 ounces
170
41.2
82

Tuna, water packed
6 ounces
170
40.1
80

Beefsteak, broiled
6 ounces
170
38.6
77

Cottage cheese
1 cup
225
28.1
56

Cheese pizza
2 slices
128
15.4
31

Yogurt, low fat
8 ounces

227
11.9
24

Tofu
1/2 cup
126
10.1
20

Lentils, cooked
1/2 cup
99
9
18

Skim milk
1 cup
245
8.4
17

Split peas, cooked
1/2 cup
98
8.1
16

Whole milk
1/2 cup
244
8
16

Lentil soup
1 cup
242
7.8
16

Kidney beans, cooked
1/2 cup
87
7.6
15

Cheddar cheese
1 ounce
28
7.1
14

Macaroni, cooked
1 cup
140
6.8

14

Soy milk

1 cup

245

6.7

13

Egg

1 large

50

6.3

13

Whole wheat bread

2 slices

56

5.4

11

White bread

2 slices

60

4.9

10

Rice, cooked

1 cup

158

4.3

9

Broccoli, cooked

5 inch piece

140

4.2

8

Baked potato

2x5 inches

156

3

6

Corn, cooked

1 ear

77

2.6

5

Nutritive Value of Foods, US

Common Sources of Essential Amino Acids

Histidine: Apple, pomogranates, alfalfa, beets, carrots, celery, cucumber, dandelion, endive, garlic, radish, spinach, turnip greens.

Arginine: Alfalfa, beets, carrots, celery, cucumbers, green vegetables, leeks, lettuce, potatoes, radishes, parsnips, nutritional yeast.

Valine: Apples, almonds, pomegranates, beets, carrots, celery, dandelion greens, lettuce, okra, parsley, parsnips, squash, tomatoes, turnips, nutritional yeast.

Tryptophan: Alfalfa, brussel sprouts, carrots, celery, chives, dandelion greens, endive, fennel, snap beans, spinach, turnips, nutritional yeast.

Threoinine: Papayas, alfalfa sprouts, carrots, green leafy vegetables such as celery, collards, kale, and lettuce (especially iceberg), lima beans, laver (Nori -- a sea vegetable).

Phenylalanine: Apples, pineapples, beets, carrots, parsley, spinach, tomatoes, nutritional yeast.

Methionine: Apples, pineapples, Brazil nuts, filberts, brussels sprouts, cabbage, cauliflower, chives, dock (sorrel), garlic, horseradish, kale, watercress.

Lysine: Apples, apricots, grapes, papayas, pears, alfalfa, beets, carrots, celery, cucumber, dandelion greens, parsley, spinach, turnip greens.

Leucine: Avocados, papayas, olives, coconut, sunflower seeds.

Isoleucine: Avocados, papayas, olives, coconut, sunflower seeds.