

PROTEIN COUNTER

60-80 grams in 1st and 2nd trimester
 Pregnant women should aim for 80-100 grams of protein daily, 120-150 for twins.
in 3rd trimester

	GRAMS		GRAMS
DAIRY			
Cheese: 1 oz serving			
American	7		
Blue	6		
Roquefort	6		
Camembert	7		
Cheddar	7		
Cream	2		
Edam	8		
Mozzarella	8		
Swiss	8		
1 cup serving of the following:			
Ricotta cheese	25		
Cottage cheese	33		
Milk Products:			
Evaporated	18		
Dry powered skim	37		
Skim	9		
Whole	9		
Buttermilk	9		
Half & half	8		
Heavy cream	5		
Sour cream	9		
Yogurt	8		
Egg- 1 Large	6		
MEAT & POULTRY			
4 oz serving:			
Beef:			
Chuck	23		
Corned	22		
Dried, chipped	25		
Ground, lean	22		
Round	24		
Sirloin	23		
Chicken	23		
Lamb:			
Chop or stew	18		
Leg	20		
Duck	13		
Liver	20		
Pork:			
Chop, ham	16		
Loin roast	21		
Sausage	11		
Spare ribs	9		
Bacon - 1 slice	2		
Hot dog	7		
Turkey	23		
Veal	23		
SEAFOOD			
Fish: 4 oz serving			
Fillet of most white fish (cod, bass, flounder, etc)	20-25		
Crab meat	14		
Salmon	25		
Tuna (canned)	28		
Shrimp	20		
Scallops	20		
Oysters, 6-8 raw	8		
NUTS AND SEEDS			
1 cup serving:			
Almonds	21		
Cashews	19		
Peanuts	30		
Pignoli (pine nuts)	35		
Sesame seeds	15		
Sunflower seeds	26		
Walnuts	17		
Peanut butter, 1/3 cup	13		
BEANS			
1 cup cooked:			
Black	22		
Black-eyed peas	13		
Chickpeas (garbanzos)	20		
Lentils	16		
Mung bean sprouts	4		
Navy	15		
Pinto	22		
Split peas	16		
Soybeans, ground	35		
Tofu, 1 square	9		
Soy milk	8		
VEGETABLES			
1 cup cooked:			
Artichoke	2		
Beans, lima	8		
Beet greens	3		
Broccoli	5		
Brussels sprouts	6		
Cauliflower	3		
Collard greens	7		
Corn	5		
Kale	5		
Peas	6		
Spinach	5		
Squash, winter	4		
Squash, summer	1		
Yams, mashed	4		

FRUIT	GRAMS	GRAINS (continued)	GRAMS
Avocado	4	Grits, 1/2 cup	10
Orange	2	Cornmeal, 1/2 cup	11
Raisins, 1 cup	4	Oats, 1/4 cup	4
Apricots, 4 oz dried	5	Rice, 1/3 cup brown	5
Dates, 1 cup dried	4	Soy flour, 1 cup	41
Figs, 3 large dried	3	Whole wheat flour, 1 cup	15
Prunes, 1 cup	3	Wheatena, 1/4 cup	4
		Popcorn, 2 cups cooked	3
PASTA		BEVERAGES	
1 cup cooked		1 cup	
Egg noodles	7	Bouillon, canned	5
Macaroni	5	Orange juice	2
Spaghetti	5	Tomato juice	2
GRAINS		SWEETENERS	
Uncooked:		Honey	0
Barley, 1/2 cup	10	Molasses	0
Cornflakes, 2/3 cup	2	Sugar	0

NOTE: All vegetables and fruits not mentioned above contain anywhere from a trace to a maximum 2 grams of protein per serving.

SOME PROTEIN BOOSTING IDEAS:

- Roasted soy nuts or sprouted soy beans
 - Cheese, cheese, cheese. Add grated cheese to eggs, sandwiches, casseroles, salads, snacks
 - Cottage ^{cheese} is the cheapest and best source of protein. Add to salad, scrambled eggs, casseroles, and cracker dips with onion and spices.
 - Yogurt: add to fruit salad, use in place of sour cream for dips
 - Eggs: hard boil many at a time for snacks or deviled eggs
 - Sunflower seeds: add to sandwich spreads and salads.
 - Wheat germ: add to cereal, breads, casseroles
 - Brewers yeast: buy the flakes and add to popcorn
 - Try handfuls of almonds, carry some with you at all times
 - Nut butters on celery, toast, ^apples, or crackers
 - Fill corn tortillas with beans
 - Add soy flour to breads when cooking
 - Carry Tiger's Milk bars
 - Make protein shakes:
 - 1 banana
 - 1 cup OJ and/or pineapple juice
 - 1/2-1 cup frozen strawberries
 - 2 Tbsp yogurt
 - 2 Tbsp protein powder (try soy vanilla found in bulk at Nature's)
- Blend it all together for 200-300 calories and 20 gms. of protein. Yummy!