1st Edition
05/26

Protein Content of Common Foods

Below is a list of the protein content of different foods.

Serving sizes are based on average portions, and protein content is approximate*

MEAT

Food	Serving	Protein *g per serving*
Lamb chop, cooked	100g	34
Lean beef, cooked	100g	32
Chicken breast, cooked	100g	30
Turkey breast, cooked	100g	29
Pork chop, cooked	100g	26

SEAFOOD

Food	Serving	Protein *g per serving*
Prawns, cooked	200g/8 large	54
Salmon, cooked	150g/1 filet	35
Tuna, canned, drained	70g/1 can	18

CHEESE

Food	Serving	Protein *g per serving*
Parmesan	30g/2 tbsp	12
Cheddar	40g/2 slices	10
Cottage cheese	60g/4 tbsp	10
Feta	60g/4 tbsp	10
Mozzarella	30g/2 tbsp	7
Ricotta	60g/4 tbsp	6

DAIRY

Food	Serving	Protein *g per serving*
Yoghurt, natural	250ml/1 cup	13
Milk, reduced fat	250ml/1 cup	10
Milk, skim	250ml/1 cup	10
Soy milk	250ml/1 cup	10
Milk, whole	250ml/1 cup	8

OTHER

Food	Serving	Protein *g per serving*
Eggs	100g/2 eggs	14
Green peas, boiled	160g/1 cup	8
Corn on the cob, boiled	1 cob	6
Broccoli, baked	90g/1 cup	3

BEANS, LENTILS AND SOY

Food	Serving	Protein *g per serving*
Tofu, firm	150g	20
Edamame	120g/½ cup	10
Lentils, cooked	120g/½ cup	8
Red kidney beans, canned	120g/½ cup	8
Chickpeas, canned	120g/½ cup	7
Baked beans, canned	120g/½ cup	6
Falafel	3-5 balls	5

NUTS AND SEEDS

Food	Serving	Protein *g per serving*
Pumpkin seeds	30g/2 tbsp	9
Peanuts, roasted	30g/2 tbsp	8
Peanut butter	30g/2 tbsp	8
Tahini	30g/2 tbsp	8
Chia seeds	30g/2 tbsp	8
Almonds, roasted	30g/2 tbsp	6
Walnuts	30g/2 tbsp	4

GRAIN FOODS

Food	Serving	Protein *g per serving*
Breakfast cereal	100g	7
Rolled oats	40g/1 sachet	5
Pasta, cooked	100g/2 cups	5
Brown rice, cooked	125g/1 serve	5
White rice, cooked	125g/1 serve	4
Bread, white	32g/1 slice	4
Quinoa, cooked	100g	4
Bread, wholemeal	32g/1 slice	3

Sources:

Australian Food Composition Database - Release 3.0 | Food Standards Australia New Zealand. (2023). Foodstandards.gov.au. https://www.foodstandards.gov.au/science-data/food-nutrient-databases/afcd/search

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