



STOCK YOUR PROTEIN PANTRY

Here's a helpful guide to stock up on protein staples so you can easily enjoy flavorful, protein-rich meals any time of the day.¹

Including protein foods at each meal can be achievable by understanding what foods contain high-quality protein. Lean beef is an excellent source and delivers more than 9 other essential nutrients: iron, vitamin B₁₂, selenium, zinc, niacin, vitamin B₆, phosphorous, choline and riboflavin.¹

Spreading protein intake evenly throughout the day, aiming for about 30 grams of protein at each meal, may be beneficial for overall health and wellness because it has been shown to improve satiety, preserve lean muscle mass, and optimize the body's ability to build new muscle.²⁻⁴

High-quality or Complete Proteins			
Meat/Eggs (cooked)	protein (g)	calories	NDB#*
3 oz Beef Strip Steak*	25g	170	13448
3 oz Beef Tenderloin*	26g	170	13442
3 oz 93% Lean Ground Beef	22g	150	13364
3 oz 90% Lean Ground Beef	21g	170	13364
3 oz Lamb Chops*	23g	160	10041
3 oz Pork Tenderloin*	22g	120	10061
3 oz Pork Chops*	26g	170	10041
3 oz 96% Lean Ground Pork	27g	160	10979
3 oz 84% Lean Ground Pork	23g	260	10978
3 oz Skinless Chicken Breast	26g	140	05064
3 oz Ground Chicken	20g	160	05333
3 oz Turkey Breast	26g	130	05220
3 oz 93% Lean Ground Turkey	23g	180	05666
3 oz Roasted Ham	25g	180	10011
3 oz Deli Roast Beef	16g	100	07043
3 oz Deli Turkey	11g	100	07944
3 oz Deli Ham	17g	110	07028
3 Slices Cooked Bacon	11g	130	10861
1 Large Egg, scrambled	6g	90	01132
1 oz Beef Jerky	9g	120	19002

*visible fat trimmed

Fish/Seafood (cooked)	protein (g)	calories	NDB#*
3 oz Canned Tuna	20g	110	15126
3 oz Filet of Catfish	16g	120	15235
3 oz Filet of Tilapia	22g	110	15262
3 oz Filet of Salmon	21g	130	15212
3 oz Crabmeat	16g	80	15137
3 oz Shrimp	19g	100	15151
3 oz Lobster	16g	80	15148

High-quality or Complete Proteins			
Dairy	protein (g)	calories	NDB#*
6 oz Nonfat Greek Plain Yogurt	17g	100	01256
6 oz Nonfat Yogurt	10g	95	01118
1 oz Swiss Cheese	8g	110	01040
1 oz American Cheese	6g	90	01045
1 oz Cheddar Cheese	6g	110	01009
1 oz Colby Cheese	7g	110	01011
4 oz Lowfat Cottage Cheese	13g	110	01012
1 cup (8 oz) Reduced Fat 2% Milk	8g	120	01079

Beans and Peas (cooked)	protein (g)	calories	NDB#*
1/2 cup Edamame	9g	90	11212
1/2 cup Tofu	9g	70	16281

Incomplete Proteins			
Beans and Peas (cooked)	protein (g)	calories	NDB#*
1/2 cup Pinto Beans	8g	120	16043
1/2 cup Black Beans	8g	110	16015
1/2 cup Kidney Beans	4g	30	11030
1/2 cup Chickpeas (Garbanzo Beans)	7g	130	16057

Nuts and Seeds	protein (g)	calories	NDB#*
2 tbsp Peanut Butter	8g	190	16097
2 tbsp Almond Butter	7g	195	12195
1 oz Peanuts	7g	160	16087
1 oz Almonds	6g	160	12061
1 oz Pistachios	6g	160	12151
1 oz Walnuts	4g	190	12155
1 oz Pecans	3g	200	12142
1 oz Dry Roasted Mixed Nuts	6g	170	12135
1 oz Sunflower Seeds	5g	175	12039

Why are some proteins considered high-quality or complete?

Proteins are made up of amino acids. Your body needs 21 amino acids, but only nine are essential, meaning they must come from food. Your body can make the remaining non-essential amino acids. Proteins that contain all nine essential amino acids in proportions most useful to the body are called complete or high-quality proteins.

* The U.S. Department of Agriculture National Nutrient Database for Standard Reference is the major source of food composition data in the United States and the foundation for most food composition databases in the public and private sectors. The protein and calorie data listed in this table are sourced from this database. The Nutrient Data Base number (NDB #) provided for each protein food is the item code assigned in the database.

- 1 US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>
- 2 Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr* 2006;84:475-82.
- 3 Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.
- 4 Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr* 2015;101:1339S-45S.



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