



# Recommended Protein

The Recommended Dietary Allowance (RDA) for protein is equivalent to 0.36 grams per pound of body weight every day. That works out to roughly 45 grams of protein if you weight 125 pounds, 55 grams if you weigh 150 pounds, and 65 grams if you weight 175 pounds. The Daily Value (DV) for protein is 50 grams. Nutrition Facts panels are only required to give the %DV for protein if the label makes a “high protein” or other protein claim. Some researchers believe the RDA is too low, so shoot for an amount of protein in grams that is equal to half your weight in pounds (75 grams a day for someone who weighs 150 pounds, for example).



Meat and Fish	Calories	Protein	Leucine
Chicken or Turkey Breast, Skinless	170	35	2.7
Pork	270	30	2.5
Beef	330	30	2.4
Ground Beef	310	29	2.3
Fish and Shellfish	130	26	2.0
Canned Tuna	60	14	1.1

Beans, Peas, Nuts	Calories	Protein	Leucine
Black Bean Burger	210	17	NA
Veggie Burger	150	8	NA
Edamame (1/2 cup)	100	8	0.6
Peanut butter (2 Tbs.)	190	8	0.5
Hummus (2 Tbs.)	70	2	NA
Nuts (1/4 cup)	170	6	0.4
Green Peas (1/2 cup cooked)	70	4	0.3

Dairy and Eggs	Calories	Protein	Leucine
Cottage Cheese (1/2 cup)	80	14	1.4
Milk, fat-free or 1% (1 cup)	90	8	0.9
Soy Milk (1 cup)	110	7	NA
Egg (1)	80	6	0.5
Yogurt, sweetened, nonfat or low-fat (6 oz.)	140	7	0.8
Cream Cheese	100	2	0.2

Grains and Cereals	Calories	Protein	Leucine
Oatmeal (1 cup cooked)	170	6	0.5
Whole Wheat Bread	70	3	0.2
White Bread	70	2	0.2

Drinks (PCJ)	Calories	Protein	Leucine
Skinny Café Latte, Grande	130	13	NA
Non-fat Cappuccino, Grande	80	8	NA