

Sonoma County Midwives

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Daily Dietary Sources of Protein			
DAIRY	GRAMS	NUTRITIONAL SUPPLEMENTS (1 oz.)	GRAMS
Goat's Milk, 1 cup	5.4	Alfalfa Leaf Concentrate	8.4
Skim Milk, 1 cup	8.3	Brewer's Yeast	11.4
Whole Milk, 1 cup	8.0	Spirulina	17.3
Sheep's Milk, 1 cup	14.6		
Dried Skim Milk, ½ cup	40.8	LEGUMES AND LENTILS	GRAMS
Dried Whole Milk, ½ cup	29.7	Black beans, ½ cup	7.5
Ice Cream, 1 cup	5.0	Peas, ½ cup	7.8
Sour Cream, 1 cup	7.8	Pinto beans, ½ cup	7.0
Yogurt, low-fat, 1 cup	10.7	Garbanzo beans, ½ cup	7.3
Cottage Cheese, 1 cup	28.0	Black-eyed peas, ½ cup	9.2
Cheddar Cheese, 1 ¼ oz.	8.5	Butter bean, ½ cup	8.0
Cream, 1 ¼ oz.	1	Green bean, ½ cup	8.0
Feta, sheep/goat 1 ¼ oz.	5.2	Lima bean, ½ cup	8.6
Mozzarella, 1 ¼ oz.	8.4	Navy bean, ½ cup	8.7
Parmesan, 1 ¼ oz.	13.13	Soya bean, ½ cup	11.8
Ricotta, 1 ¼ oz.	3.13	Chickpea/Garbanzo ½ cup	9.0
Egg, 1 large	6.3	Lentils, ½ cup	8.6
FISH, MEAT AND POULTRY	GRAMS	FRUITS AND VEGETABLES	GRAMS
Tuna, 3 oz. drained	21.7	Banana, 1 medium	1.2
Salmon, 3 oz. cooked	16.8	Apple, large	0
Ground Beef, 3 oz.	25.7	Orange, large	1.7
Beef, 3 oz. cooked	27.0	Apricot, dried ½ cup	5.4
Pork Chop, 3 oz. cooked	24.5	Soya bean sprouts, ½ cup	7
Ham, 1 oz.	5.9	Corn, cooked, ½ cup	2.2
Chicken Breast, 3 oz.	18.9	Carrots, cooked, ½ cup	0.8
Chicken, dark meat, 3 oz.	23.6	Green beans, cooked, ½ cup	1.0
Turkey breast, 3 oz.	25.7	Green peas, cooked, ½ cup	4.1
Turkey, dark meat, 3 oz.	24.3	Potatoes, white, ½ cup	1.2
		Spinach, boiled ½ cup	5.7
MEAT SUBSTITUTES	GRAMS	Avocado, ½ cup	4.7
Tofu, 3 oz.	6.9	Coconut, creamed ½ cup	4.8
Veggie burger, 3 oz.	25.7		
NUTS AND SEEDS (1/2 cup)	GRAMS	GRAINS AND FLOUR (1/2 cup)	GRAMS
Peanut Butter (1 tbsp. = 4 gm)	25.5	Amaranth	3.9
Almonds	21	Barley, pearled	9

NUTS AND SEEDS (1/2 cup)	GRAMS	GRAINS AND FLOUR (1/2 cup)	GRAINS
Peanut Butter (1 tbsp. = 4 gm)	25.5	Amaranth	3.9
Almonds	21	Barley, pearled	9
Brazil	15.8	Barley	10.8
Cashew	17.3	Wheat, cracked	10.45
Peanut	29.5	Wheat, bran	15.9
Pine nut	11.3	Whole Wheat Bread	10.4
Pistachio	21.5	Millet	11.2
Walnut, black	28.5	Oatmeal	14
Walnut, English	15.8	Brown Rice	2.9
Poppy	20.4	Wild Rice	15.9
Pumpkin	28.5	Pop Corn	3.4
Sesame	28.5	Corn Meal	10.6
Sunflower	23.7		
Tahini (sesame butter)	27		