

HIGH PROTEIN FOODS

Category	Food	Serving Size	Calories	g of Protein
Meat, Poultry, Seafood	Steak	4oz	300	29
	Hamburger Patty	4oz	320	28
	Chicken Breast	4oz	130	26
	Salmon	4oz	230	23
	Tilapia	4oz	110	23
	Pork Chop, boneless	4oz	130	22
	Turkey Breast	4oz	140	22
	Light Tuna, canned	4oz	100	20
	Shrimp, jumbo	9 each	100	19
	Ham	4oz	120	18
	Bacon	3 slices	126	9
	Egg	1 each	80	7
	Hot dog	1 each	180	6
	Dairy	Greek Yogurt, low-fat	6oz	140
Cottage Cheese		1/2 cup	110	12
Whole/Vitamin D Milk		8oz	240	8
2% Milk		8oz	120	8
Skim/Non-fat Milk		8oz	85	8
Soy Milk		8oz	110	8
Cheese		1oz	110	7
Yogurt, light		6oz	90	5
Legumes & Nuts	Split Peas, cooked	1 cup	230	16
	Pinto Beans, cooked	1 cup	245	15
	Peanut Butter	2 T	190	14
	Chickpeas, cooked	1 cup	220	14
	Peas, cooked	1 cup	70	8
Vegetables	Tofu	1/2 cup	90	10
	Potato, baked	1 large	220	8
	Corn, cooked	1 cup	130	5
	Spinach, cooked	1 cup	40	5
	Broccoli, cooked	1 cup	55	4
Supplements	Whey Protein Powder	1 scoop	Varies	15-30
	Ensure or Boost	8oz	240-250	9-10
	Boost High Protein	8oz	240	15
	Ensure High Protein Shake	14oz	210	25

It is imperative that your body receive the proper nutrition and protein to sustain itself and help heal your wounds. Foods high in protein should be eaten throughout the day rather than all at one time so that the body can utilize the protein more efficiently.

