

Not All Protein Is Created Equal

Did you know that not all protein is created equal? The amount and quality varies among foods. Use the chart below to help you make the most of your protein choices! Diets higher in protein may help support weight management, active lifestyles and healthy aging. Some experts recommend eating 20-30 grams of high-quality protein per meal to build a higher protein diet. Essential amino acids are the building blocks of protein. Research in athletes and older adults suggests aiming for 10-15 grams of essential amino acids per meal, including 2-3 grams of leucine.



FOOD ¹	COMMON PORTION SIZE	ENERGY (KCAL) CALORIES	ESSENTIAL AMINO ACIDS (G)	LEUCINE (G)	PROTEIN (G)
Skinless Chicken Breast	3 oz.	128	11	2.1	26
Whey Protein Powder-Isolate²	1 scoop (25 g)	100	10	2.5	20
Ground Beef (97% lean)	3 oz.	130	9	1.7	22
Salmon	3 oz.	175	8	1.5	19
Soy Protein Powder-Isolate ³	1 scoop (25 g)	99	6	1.3	17
Low-Fat Cottage Cheese (1% milkfat)	1/2 cup	81	7	1.4	14
Greek Yogurt (low-fat)	6 oz.	124	4	0.9	17
Yogurt (low-fat)	6 oz.	107	4	0.9	9
Tofu	1/2 cup	94	4	0.9	10
Cheddar Cheese	1.5 oz	170	4	0.8	10
Pea Protein Powder-Isolate ⁴	1 scoop (30 g)	110	4	0.8	25
Skim Milk	1 cup	83	3	0.8	8
Black Beans	1/2 cup	112	3	0.6	8
Almonds	1/3 cup	273	3	0.7	10
Egg	1 large	72	3	0.5	6
Peanut Butter	2 T	188	2	0.5	7

¹ Food nutritional data are per USDA Food Composition Databases unless indicated otherwise. Available at <https://ndb.nal.usda.gov/ndb/>

² BiPro Chocolate Whey Protein Isolate nutritional data found per BiPro website. Available at <https://www.biprousa.com/>

³ GNC Pro Performance 100% Soy Isolate-Chocolate Supreme nutritional data found per GNC website. Available at <http://www.gnc.com/home/index.jsp>

⁴ Pea Protein isolate non-GMO nutritional data found per True Nutrition website. Available at <https://truenutrition.com/>