

NUTRITIONAL EDUCATION

PROTEIN

Serving	Protein (grams)
Salmon (6 oz)	34
Lentils (1/2 Cup, Cooked)	9
Chickpeas (1/2 Cup, Cooked)	7
Quinoa (1/2 Cup, Cooked)	4
Greek Yogurt (1 Snack Size, Non-Fat)	15
Cottage Cheese (1 Snack Size)	14
Peanut Butter (2 Tablespoons)	8
Cheese (1 Slice)	7
Spinach (1 Cup, Cooked)	5
Sweet Potato (1 Medium)	2
Pork Chop (6 oz)	41



Broccoli
(1/2 Cup, 1.2 gm)



Chicken Breast
(6 oz, 25 gm)



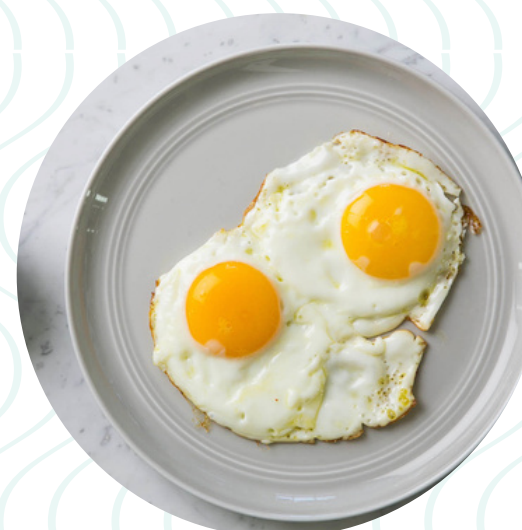
Tofu
(3.5 oz piece, 10 gm)



Beef Steak
(6 oz, 43 gm)



Almonds
(1 Handful, 6 gm)



Eggs
(2 Large, 12 gm)

Please keep in mind that these values are approximate and can vary based on different factors such as specific brand, and portion size.

Always refer to beverage labels and nutritional information for precise values.

Recommended dietary allowance for protein is about 46 grams/day for women and 56 grams/day for men.