

# Lean Protein Food Chart

## TOP LEAN PROTEIN SOURCES FOR HEALTHY EATING



### TURKEY

167 calories, 22.3 g of protein, 2.8 g of saturated fat, and 8.7 g of fat per 4 oz of raw ground turkey



### CHICKEN

160 calories, 36 g of protein, 1 g of saturated fat, and 2.5 g of total fat per one small skinless chicken breast



### LEAN GROUND BEEF

164 calories, 22.3 g of protein, 3.1 g of saturated fat, and 7.6 g of total fat per 3 oz of lean beef



### SALMON

121 calories, 16.8 g of protein, 0.8 g of saturated fat, and 5.4 g of total fat per 3-oz serving



### TUNA

90 calories, 19 g of protein, 0.2 g of saturated fat, and 0.9 g of total fat per 100 g of canned light tuna in water, with the solids drained



### TOFU

181 calories, 21.8 g of protein, 1.6 g of saturated fat, and 11 g of total fat per 1/2-cup serving of tofu



### BEANS AND LEGUMES

134.5 calories, 7.3 g of protein, 0.2 g of saturated fat, 2.3 g of total fat, and 6.3 g of fiber per 1/2 cup of chickpeas



### LOW-FAT MILK

106 calories, 8.3 g of protein, 1.4 g of saturated fat, and about 2.1 g of total fat per cup of low-fat (1 percent) milk



### PLAIN GREEK

146 calories, 19.9 g of saturated fat, a fat per one 7-oz.



### COTTAGE CHEESE

92.5 calories, 12.1 g of protein, 1.4 g of saturated fat, 2.5 g of total fat, and 113.5 mg of calcium per half-cup of



### PORK LOIN

188 calories, 24.1 g of protein, 3.1 g of saturated fat, and 9.4 g of total fat per 4-oz pork loin



### EGG WHITE

17 calories, 3.6 g of protein, no saturated fat, and 0.05 g of total fat per 1 large egg white



# Lean Nutrition Guide

**O García**



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