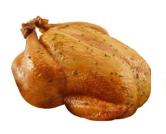


Clinical Nutrition

Name:	Date:		
Dietitian:	Contact Information:		

Foods with Protein



3oz Poultry 28g protein



3oz Beef 26g protein



3oz Pork 22g protein



½ cup Tofu 7g protein



1 Egg 6g protein



3oz Tuna 22g protein



3oz Fish 22g protein



3oz Shellfish 20g protein



4 oz Cottage Cheese 14g protein per 4oz



1oz Cheese 7g protein per 1 oz



1 cup Cows/Soy Milk 8g protein



½ cup Yogurt 11g protein



½ cup Chickpeas 7g protein



¼ cup Hummus 5g protein



½ cup Lentils 9g protein



½ cup Beans 8g protein



1oz Nuts 5g protein



1 Tbsp Nut Butter 7g protein



1oz Seeds 6g protein



1 scoop Protein Powder 25g protein

Notes.		

This information is not intended to take the place of medical advice.

Contact your Registered Dietitian or health care provider for more information.

Clinical Nutrition / Service de nutrition clinique

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