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## **Protein Rich Foods**

Protein is essential for health, in and out of pregnancy. Carbohydrates and fats are fuel, but protein is used in building and maintaining tissue such as muscle.

Proteins are made up of amino acids. There are 21 amino acids in all, including 9 which we cannot manufacture. These nine are considered be essential amino acids. Animal derived proteins are complete, meaning they contain all the essential amino acids, which we need. Vegetable proteins are not complete and must be combined to be complete. Combining a grain or seed with a legume in the right proportion provides complete protein.

Nonpregnant women needs about 50 grams of protein a day on average. Pregnant women need roughly 70 grams of protein per day.

Proteins also help buffer the entry of carbohydrates into the system. In other words, they buffer sugar highs and hunger lows.

Try to include some protein in every meal and every snack.

See our list of common proteins below.

## Beans and Peas (aka legumes)

Kidney beans 1 cup = 13.44grams

Black beans 1 cup = 39grams

Chickpeas (aka, garbanzo beans, e.g. hummus) 1 cup = 39grams

Bean burgers 1 patty = 10grams

Soy Products like Tofu, Veggie burgers 1 patty = 13grams

Peanuts, peanut Butter 2 tbl spoons = 8grams

## Meats

Beef 3oz = 22grams

Ham 1 cup = 29grams

Chicken 1 cup = 35grams

Turkey 1 cup = 34.4grams

Lamb 3oz = 21grams

Pork 3oz = 19grams

Veal 3oz = 21grams

Jerky (low sodium) 1oz = 11grams

Game such as elk and deer 4oz = 25grams

## Nuts and Seeds

Almonds 1/4 cup = 8grams

Cashews 1/4 cup = 5grams

Pistachios 1/4 cup = 6.25grams

Sunflower 1/4 cup = 7.25grams

Quinoa- the only seed which is complete protein 1 cup = 24grams

## Seafood

Salmon, canned fresh or frozen 3oz = 17g

Halibut 3oz = 18 g

Cod 3oz = 15 g

White albacore tuna (limit 6oz /week) 3oz = 42 g

Shrimp 3 oz = 17 g

Pollock 3oz = 16.5 g

Trout 3oz = 18 g

Mackerel 3oz = 16 g

## Dairy: Milk, Eggs and Cheese

Cottage cheese 1 cup = 25grams

Greek Yogurt 1 container = 17grams

Milk 1% 1cup = 8grams

Eggs 1 large = 6grams

Hard and soft cheese 1 slice = 5 - 8grams depending on type

e.g. mozzarella cheese sticks 1 stick = 8grams