

Protein Comparison Chart

| | Serving Size | Calories | Protein g | Fat g | Saturated Fat g | Sodium mg | Fiber g | cost per ounce |
|--------------------|------------------|----------|-----------|-------|-----------------|-----------|---------|----------------|
| Beef | 100 grams | 370 | 75 | 2 | 0.3 | 29 | 0.5 | 0.81 |
| Chicken, breast | 1 each, 4 ounces | 198 | 37 | 4 | 1 | 89 | 0 | 0.41 |
| Turkey | 4 ounces | 214 | 32 | 8.4 | 2.4 | 117 | 0 | 0.51 |
| Tuna | 3 ounces | 111 | 25 | 0.5 | 0.2 | 46 | 0 | 0.20 |
| Beef, lean | 3 ounces | 196 | 24 | 10 | 4 | 74 | 0 | 0.68 |
| Pork | 3 ounces | 202 | 22 | 12 | 4 | 48 | 0 | 0.43 |
| Salmon | 100 grams | 210 | 20 | 13 | 3 | 53 | 0 | 0.8 |
| Lentils | 1 cup | 230 | 18 | 0.8 | 0.1 | 4 | 16 | 0.20 |
| Split peas, cooked | 1 cup | 231 | 16 | 0.8 | 0.1 | 3 | 16 | 0.14 |
| Kidney beans | 1 cup | 225 | 15 | 0.9 | 0.1 | 18 | 11 | 0.06 |
| Black Beans | 1 cup | 241 | 15 | 0.7 | 0.2 | 5 | 15 | 0.06 |
| Farro, cooked | 1 cup | 307 | 15 | 2 | 0.2 | 5 | 11 | 0.31 |
| Eggs | 2 large | 144 | 12 | 9.5 | 3.2 | 142 | 0 | 0.20 |
| Tempeh | 2 ounces | 110 | 11 | 6 | 2 | 8 | 0 | 0.44 |
| Tofu | 3 ounces | 76 | 9 | 4.8 | 0.8 | 3 | 0.9 | 0.11 |
| Peanut butter | 2 tablespoons | 188 | 7 | 16 | 3 | 152 | 1.8 | 0.12 |
| Jackfruit | 1 can | 70 | 4 | 0 | 0 | 900 | 7 | 0.25 |
| Walnuts | 1 ounce | 182 | 4 | 15 | 1.7 | 0 | 2 | 0.37 |

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

Protein Breakfast Compare:

Nutrition and Growth B., Koletzko,R., Shamir,D., Turck,M., Phillip,2014-01-30 The relation between nutrition and growth in children is one of the key concerns of pediatric health that touches a multitude of specialties Exchanging concepts and knowledge between professionals of all the different disciplines involved is thus crucial to facilitate research and interdisciplinary clinical collaborations The present Yearbook on Nutrition and Growth is unique in its concept The contributing editors of each chapter have chosen recent journal articles that have the most potential in relation to the topic of their chapter Providing the practicing physician with succinct editorial comments the editors also evaluate the clinical importance of each article and discuss its application This yearbook is a valuable resource for pediatricians interested in the subspecialties of nutrition endocrinology and gastroenterology but also for pediatric nutritionists and dieticians and other health professionals involved in the care of children

The Big Breakfast Diet

Daniela Jakubowicz,2009-01-01 Offers a twenty eight day plan with recipes and exercise suggestions that stresses eating a big early breakfast to rev up metabolism curb hunger and lose weight

Advances in Food and Nutrition Research

,2013-03-21 Advances in Food and Nutrition Research recognizes the integral relationship between the food and nutritional sciences and brings together outstanding and comprehensive reviews that highlight this relationship Contributions detail scientific developments in the broad areas of food science and nutrition and are intended to provide those in academia and industry with the latest information on emerging research in these constantly evolving sciences The latest important information for food scientists and nutritionists Peer reviewed articles by a panel of respected scientists The go to series since 1948

Plant and Animal Proteins in Health and Disease Prevention Victor R. Preedy,2025-07-22 This book explores the vital role of proteins in human health through 40 in depth chapters organized into four comprehensive sections which include Introductory Concepts Foods of Animal Origin Foods of Plant Origin and Resources The book delves into the biochemical processes behind protein metabolism and its influence on a wide range of health conditions Aimed at educating readers on the diverse sources and types of protein it provides valuable insights into how both plant and animal proteins contribute to disease prevention and overall wellness Features Chapters feature subsections titled Effects of other Proteins to aid comparative interpretation Contains a mini dictionary of terms and summary points in each chapter to facilitate clear understanding Highly illustrated with figures and multiple tables in each chapter Chapter contributors represent global coverage Plant and Animal Proteins in Health and Disease Prevention is written for nutritionists food scientists health care professionals research scientists and practitioners and policy makers It is also practically designed for professors students and libraries

Nutrition and the Brain ,1986

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A Guide for Developing a Curriculum in Foods ,1957 A Complete Summary of the Iowa Breakfast Studies
Cereal Institute (Chicago, Ill.),1962 Abstract This publication discusses the results of studies conducted over a ten year period on the role of breakfast in the diet regimen Included are a summary of the plans of the experiments techniques employed data collected on an interpretation of their meanings Numerous tables and charts showing results are also included *Bulletin ,1901 Culinary Nutrition* Jacqueline B. Marcus,2013-04-15 Culinary Nutrition The Science and Practice of Healthy Cooking is the first textbook specifically written to bridge the relationship between food science nutrition and culinology as well as consumer choices for diet health and enjoyment The book uses a comprehensive format with real life applications recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable health beneficial and taste desirable products With pedagogical elements to enhance and reinforce learning opportunities this book explores what foods involve the optimum nutritional value for dietary needs including specific dietary requirements and how foods are produced It also considers alternative production methods along with the impact of preparation on both the nutritional value of a food and its consumer acceptability Other discussions focus on the basics of proteins carbohydrates and lipids issues of diet and disease such as weight management and food production and preparation Laboratory type in class activities are presented using limited materials and applications of complex concepts in real life situations This book will be a valuable resource for undergraduate students in culinary nutrition nutrition science food science and nutrition and culinary arts courses It will also appeal to professional chefs and food scientists as well as research chefs in product development
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A summary of the Iowa breakfast studies Cereal Institute,1957 Scientific American ,1916 *Bulletin Iowa Agriculture and Home Economics Experiment Station*,1902 *Farmer's Bulletins, Nos 226-250* George William Hill,1906 Journal of the American Dietetic Association ,2002 Station Bulletin ,1930 *Dietotherapy* William Edward Fitch,1918 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1929

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