

Protein Comparison Chart

| | Serving Size | Calories | Protein g | Fat g | Saturated Fat g | Sodium mg | Fiber g | cost per ounce |
|-------------------|------------------|----------|-----------|-------|-----------------|-----------|---------|----------------|
| Saltan | 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 | 1.8 | 11 | 0.06 |
| Black Beans | 1 cup | 241 | 15 | 0.7 | 0.2 | 5 | 15 | 0.06 |
| Farro cooked | 1 cup | 337 | 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 | 18 | 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

Jiyuan Zhang



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