

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 | 0.08 |
| Black Beans | 1 cup | 241 | 15 | 0.7 | 0.2 | 5 | 15 | 0.08 |
| 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

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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

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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

Dietary change strategies for sustainable diets and their impact on human health - volume 1 Monica Trif,Zahra Emam-djomeh,Fatih Ozogul,Alexandru Rusu,2023-07-31

Handbook of Obesity - Volume 2 George A. Bray,Claude Bouchard,2023-12-01 Volume 2 of the 5th Edition of the Handbook of Obesity spotlights on clinical applications for evaluation diagnosis prevention

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