



# Protein: Where Is Protein Found?

Protein is found in many foods we eat. It is important for your child to eat foods that have protein in them. Protein is needed for your child to grow and stay healthy. Here is a list of foods and how much protein they have. Check with your registered dietitian or doctor for how much protein your child needs.

Food	Serving	Amount of Protein (grams)
<b>Dairy Products</b>		
Milk: whole, 2%, chocolate, nonfat	1 cup	8
Nonfat dry milk	1/3 cup	8
Instant breakfast, powder	1 packet	4-5
Yogurt	6-ounce carton	6-8
Greek yogurt	6-ounce carton	13-18
Frozen yogurt	1/2 cup	3
Cottage/Ricotta Cheese	1/4 cup	7
Cheese, shredded	1/4 cup	7
String cheese/Cheese stick	1 each	6-8
Cream cheese	2 Tablespoons	2
Fat-free, soft, cream cheese	2 Tablespoons	5
Ice cream	1/2 cup	3
Sherbet	1/2 cup	1
Pudding (made using a mix and milk)	1/2 cup	4
Pudding (ready to eat)	1/2 cup	2
<b>Non-dairy foods</b>		
Soy milk	1 cup	6-7
Rice, almond, coconut or hemp milk	1 cup	0-2
<b>Protein Foods</b>		
Meat, fish or poultry	about 1/4 cup	7-10
Bologna, hot dogs, chicken nuggets, etc.	about 1 slice or 1 piece	3-4

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### To Learn More

- Nutrition  
206-987-4758
- Ask your child's nurse or doctor
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Food	Serving	Amount of Protein (grams)
Strained meats for infants	3½-ounce jar	14
Eggs	1 whole	6
Dried beans, lentils or peas, cooked	½ cup	7–9
Hummus	2 tablespoons	2
Nuts (peanuts, almonds, walnuts, cashews)	2 tablespoons	2-5
Seeds (pumpkin, sunflower, sesame)	2 tablespoons	3-5
Nut/seed butter (peanut, almond, cashew, sunflower seed)	2 tablespoons	6-7
Edamame, shelled	½ cup	8
Tofu (soybean curd)	½ cup	10
<b>Vegetable and fruits</b>		
Vegetables	½ cup	1–3
Fruits, fresh or canned	1 whole fruit or ½ cup	0.1–1
<b>Grains</b>		
Tip: Choose whole wheat or whole grain options to reach the higher end of the protein range.		
Cereals, dry or cooked	¾ cup	1–4
Breads, sliced	1 slice	1–4
Crackers (see food label for how many crackers for 1 ounce serving)	1 ounce	1–4
Pasta, cooked	½ cup	3–5
Rice, cooked	½ cup	2–5
Quinoa, spelt, kamut or amaranth, cooked	½ cup	4-6
<b>Fats and sugars</b>		
Oils, shortening, butter or margarine	1 Tablespoon	0
Sugars and syrups	1 Tablespoon	0

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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