

Protein

Protein is in many foods we eat. It helps keep bodies strong and healthy.

Why does the body need protein?

It is important to eat foods that have protein in them. Protein helps the body to grow and stay healthy. It is important for maintaining the health of bones, muscles, skin and blood.

How much protein is needed?

Most people are able to get enough protein by eating a healthy diet that includes meat, fish, dairy, nuts, seeds, beans or legumes with all meals and snacks.

Check with your registered dietitian or doctor for how much protein you or your child needs.

What are good food sources of protein?

Here is a list of foods and how much protein they have.

Food	Serving	Amount of Protein (grams)
High Protein Foods		
Meat, fish or poultry	about ¼ cup	7-10
Bologna, hot dogs, chicken nuggets, etc.	about 1 slice or 1 piece	3-4
Strained meats for infants	3½-ounce jar	14
Eggs	1 whole	6
Dried beans, lentils or peas, cooked	½ cup	7-9
Edamame, shelled	½ cup	8
Nut/seed butter (peanut, almond, cashew, sunflower seed)	2 tablespoons	6-7
Nuts (peanuts, almonds, walnuts, cashews)	2 tablespoons	2-5
Seeds (pumpkin, sunflower, sesame)	2 tablespoons	3-5
Hummus	2 tablespoons	2
Tofu (soybean curd)	½ cup	10

To Learn More

- Nutrition
206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.

Protein

Food	Serving	Amount (grams)
Dairy Products		
Milk: whole, 2%, chocolate, or nonfat	1 cup	8
Nonfat dry milk, powder	⅓ cup	8
Instant breakfast, powder	1 packet	4-5
Yogurt	6-ounce carton	6-8
Greek yogurt	6-ounce carton	13-18
Kefir	1 cup	8-11
Frozen yogurt	½ cup	3
Cottage/Ricotta Cheese	¼ cup	7
Cheese, shredded	¼ cup	7
String cheese/Cheese stick	1 each	6-8
Cream cheese	2 Tablespoons	2
Ice cream	½ cup	3
Pudding (made using a mix and milk)	½ cup	4
Pudding (ready to eat)	½ cup	2
Non-dairy milk alternatives		
Soy milk	1 cup	6-7
Almond, coconut, hemp or rice milk	1 cup	0-2
Vegetable and fruits		
Vegetables	½ cup	1-3
Fruits, fresh or canned	1 whole fruit or ½ cup	0.1-1
Grains Tip: Whole wheat or whole grains usually have more protein than white or refined grains.		
Breads, sliced	1 slice	1-4
Cereals, dry or cooked	¾ cup	1-4
Crackers	1 ounce (see food label)	1-4
Pasta, cooked	½ cup	3-5
Rice, cooked	½ cup	2-5
Quinoa, spelt, kamut or amaranth, cooked	½ cup	4-6
Fats and sugars		
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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