



Please try to get 80 to 100 grams of Protein per day while Pregnant

Meat

- Hamburger patty, 4oz - 28 grams
- Steak or roast, 6oz - 42 grams
- Chicken breast, 3.5 oz. - 30 grams
- Chicken thigh, average size - 10 grams
- Chicken drumstick - 11 grams
- Chicken wing - 6 grams
- Pork chop - 22 grams
- Pork loin or tenderloin, 4oz - 29 grams
- Ham, 3oz - 19 grams
- Ground pork, 3oz cooked - 22 grams
- Bacon, 1 slice - 3 grams
- Canadian - style bacon, 1 slice - 5 grams

Fish

- Fillets or steaks, 3.5oz - 22 grams
- Tuna, 6oz can - 40 grams

Eggs and Dairy

- Egg, large - 6 grams
- Milk, 1 cup - 8 grams
- Cottage Cheese, 1/2 cup - 15 grams
- Yogurt, 1 cup - usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) - 6 grams per 1 ounce
- Medium cheeses (Cheddar, Swiss) - 7 or 8 grams per 1 ounce
- Hard Cheeses (Parmesan) - 10 grams per 1 ounce

Beans (Including Soy)

- Tofu, 1/2 cup - 20 grams
- Tofu, 1 ounce - 2.3 grams
- Soy milk, 1 cup - 6-10 grams
- Most beans (Black, pinto, lentils, etc.) - 7-10 grams per half cup of cooked beans
- Soy beans, 1/2 cup cooked - 14 grams
- Split beans, 1/2 cup cooked - 8 grams

Nuts and Seeds

- Peanut butter, 2 Tablespoons - 8 grams
- Almonds/ Pumpkin Seeds/ Flax Seeds, 1/4 cup - 8 grams
- Peanuts, 1/4 cup - 9 grams
- Cashews, 1/4 cup - 5 grams
- Pecans, 1/4 cup - 2.5 grams
- Sunflower seeds, 1/4 cup - 6 grams