

Sources of protein

Protein plays an essential role in the body, providing energy and aiding in the growth and repair of muscles, bones, skin and hair.

Recommended Daily Intake (RDI) for protein



19+ male
0.84g/kg
body weight



19+ female
0.75g/kg
body weight



70+ male
1.07g/kg
body weight



70+ female
0.94g/kg
body weight



Food	Serving size	Protein (gr)	Energy (kj)
Salmon	85 g	19	732
Shrimp	85 g	20	351
Chicken breast, roasted without skin	½ breast (80 g)	27	594
Lean beef, sirloin steak	85 g	25	777
Tuna, canned in water without salt	1 small can (95 g)	22.4	509
Eggs	1 large	6	326
Cottage cheese, low fat	1 cup (226 g)	28	681
Swiss cheese	2 slices (40 g)	11	636
Mozzarella cheese, low sodium	2 slices (40 g)	11	469
Cheddar cheese	2 slices (40 g)	10	675
Greek yoghurt	1 cup (280 g)	28.5	680
Dairy milk, whole	1 cup	8	623
Almond milk plain, unsweetened	1 cup	1.4	151
Soy milk, regular	1 cup	6.4	438
Oat milk	1 cup (243 g)	4.7	544
Oats, raw	1 cup (95 g)	12.5	1,505
Brown rice, medium-grain, cooked	1 cup (195 g)	4.5	913
Quinoa, cooked	1 cup (185 g)	8	928
Lentils, boiled	1 cup (198 g)	18	961
Tofu, firm, raw	½ cup (126 g)	22	760
Tempeh, cooked	100 g	19	821
Soybeans, boiled	1 cup (172 g)	29	1,248
Edamame, in pod, cooked	1 cup (93 g)	11.1	470