



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Protein Counter

1 cup Milk	8 gm
1 oz. Cheese	7 gm
½ cup Cottage Cheese	12 gm
1 cup Ice Cream	6 gm
1 Egg	6 gm
1 tbsp. Butter	0.1 gm
8 oz. Plain Yogurt	12 gm
3 oz. Beef	20 gm
3 oz. Chicken	25 gm
3 oz. Turkey	27 gm
3 oz. Pork	21 gm
3 oz. Salmon	17 gm
3.5 oz. Halibut	26 gm
3 oz. Haddock	16 gm
medium Potato	2 gm
1 cup Brown Rice	6 gm
1 cup Corn	5 gm
1 cup Pasta	6 gm
medium Sweet Potato	2 gm
1 slice Bread	2 gm
4 Crackers	1 gm
16 Potato Chips	0.8 gm
1 Tortilla	1.2 gm
1 cup CousCous	22 gm
¼ cup Granola	4 gm
1 Tbsp. Wheat Germ	2 gm
2/3 cup Shredded Wheat	3 gm
1 tbsp. Peanut Butter	4 gm
¼ cup Peanuts	9 gm
¼ cup Walnuts	6 gm
½ cup Pinto/Kidney/Navy Beans	7 gm
Most Fruit Juices and Fruits per serving	less than 2 gm
Most Vegetables and Vegetable Juices	less than 1 gm
1 cup Vegetable Broth	3 gm
1 cup Beef Broth	5 gm
1 cup Chicken Noodle Soup	3.4 gm
Chili w/ Beans	18 gm
1 slice Pizza w/ cheese, meat & veggies	13 gm
1 patty Tofu/Meat Substitute	14 gm