

PROTEIN CONTENT OF COMMON FOOD

FOOD	SERVING SIZE	PROTEIN (g)
Milk(s)	1 Cup	8-9
Solid Cheeses	1 oz	6 - 9
Cottage Cheese(s)	1 cup	26 - 30
Ricotta (skim)	1 cup	28
Ice Cream	1 cup	5 -7
Yogurt(s)	1 cup	8-12
Soy Milk	1 cup	7
Eggs (whole)	1 ea.	6-8
Eggs (white)	1 ea.	4-5
Bread(s)	1 slice	2-4
Oat Meal (cooked)	1 cup	6
Corn Grits (cooked)	1 cup	4
Dark Buckwheat	1 cup	12
Raw Wheat germ	1 cup	23
Toasted germ	1 cup	33
Fish	3 - 3.5 oz	15 - 21
Beef (Regular)	3 oz	20 - 22
Lamb	3 oz	20 - 22
Pork	3 oz	20 - 24
Chicken	3 oz	20 - 22
Turkey	3 - 3.5 oz	24 - 29
Almonds	1 oz	6
Peanuts	1 oz	7
Beans (cooked)	1 cup	13-17
Peas (cooked)	1 cup	13-16
Garbanzo beans	1 cup	15

TIPS

- Spread food intake over 5 - 6 small meals.
- Use foods with an index of 50 - 85 when consuming single food.
- When foods are mixed the composite index is the weighted average of the foods eaten together. The goal is a resultant index of 50 - 85.
- Include proteins with each meal in a weight ratio of 2:1 carbohydrates to protein.
- Above measures stabilize blood sugar levels by optimizing insulin to Glucagon and Cortisol interactions.