

## Protein Table



### Vegetable

	protein in g/100g	protein in g/portion	portion	
Artichoke, raw	2.5	1.8	side dish	70g
Avocado	2.2	2.2	piece	100g
Broccoli, boiled	3.4	6.7	4 serving spoons	200g
Carrots, boiled	0.7	1.4	4 serving spoons	200g
Carrots, raw	0.9	0.6	side dish	70g
Cauliflower, boiled	2.5	4.9	4 serving spoons	200g
Green beans, boiled	2.0	4.0	4 serving spoons	200g
Green peas, boiled	6.4	12.9	4 serving spoons	200g
Lettuce	1.3	0.5	side dish	35g
Mushrooms, cooked	4.4	8.8	4 serving spoons	200g
Onion, raw	1.2	0.8	side dish	70g
Potato, boiled	1.9	3.9	4 serving spoons	200g
Red Cabbage, boiled	1.4	2.8	4 serving spoons	200g
Spinach, raw	2.8	1.0	side dish	35g
Sweet pepper, raw	1.0	0.7	side dish	70g
Tomato, boiled	0.9	1.8	4 serving spoons	200g
Tomato, raw	0.8	0.6	side dish	70g
Zucchini, boiled	1.3	2.6	4 serving spoons	200g



### Fruits

	protein in g/100g	protein in g/portion	portion	
Apple	0.3	0.3	piece	100g
Banana	1.1	1.1	piece	100g
Grapes	0.6	0.5	handful	75g
Lemon	0.7	0.7	piece	100g
Melon, honeydew	0.6	0.6	piece	100g
Orange	0.9	0.9	piece	100g
Peach	0.9	0.9	piece	100g
Pear	0.3	0.3	piece	100g
Plum	0.7	0.7	piece	100g
Strawberry	0.7	0.5	handful	75g



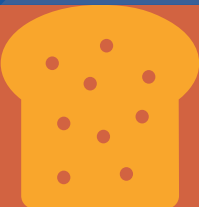
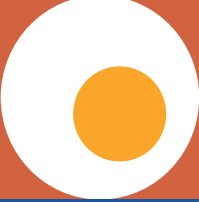
### (Products of) Lentils, beans, pulses

	protein in g/100g	protein in g/portion	portion	
Hummus	7.0	1.1	1 tablespoon	15g
Lentils (green/brown), boiled	8.4	20.1	4 serving spoons	240g
Soybeans, boiled	16.8	40.4	4 serving spoons	240g
Tempeh	16.5	12.3	slice	75g
Tofu/Tahoe/soy bean curd	10.7	8.0	slice	75g
Vegetarian burger (average)	16.4	16.4	piece	100g



### Nuts

	protein in g/100g	protein in g/portion	portion	
Cashew nuts, dry roasted	17.9	4.5	handful	25g
Peanuts	25.5	6.4	handful	25g
Pistachio nuts, dry roasted	21.0	5.3	handful	25g
Walnuts, dried	15.0	3.8	handful	25g





## Cereal and cereal products

	protein in g/100g	protein in g/portion	portion	
Bread (wholegrain)	8.7	3.1	slice	35g
Breakfast cereals, (corn)flakes	7.2	2.9	3 handfuls	40g
Muesli with fruit	9.4	3.8	4 tablespoons	40g
Oatmeal	11.8	2.4	4 tablespoons	20g
Pasta, boiled	4.3	5.8	3 serving spoons	135g
Rice, boiled	2.6	4.2	3 serving spoons	165g



## Dairy/animal products

	protein in g/100g	protein in g/portion	portion	
Butter	0.6	0.1	for 3 slices of bread	15g
Cheese Camembert 45+	21.6	6.5	portion	30g
Cottage cheese	14.3	21.4	bowl	150g
Egg	12.4	6.2	piece	50g
Gouda cheese	23.9	7.2	slice	30g
Gouda cheese, grated	23.9	2.4	1 tablespoon	10g
Gruyère	29.2	8.7	slice	30g
Margarine (80% fat), spreadable	0.2	0.0	1 tablespoon	15g
Milk	3.3	6.7	glass	200ml
Mozzarella	19.8	5.0	slice	25g
Parmesan cheese	34.5	10.4	portion	30g
Parmesan cheese, grated	34.5	3.5	1 tablespoon	10g
Yoghurt	4.0	6.1	bowl	150g



## Fish

	protein in g/100g	protein in g/portion	portion	
Cod fish, fried/simmered	20.3	24.4	portion	120g
Herring, salted	16.8	20.1	portion	120g
Herring, smoked	19.1	23.0	portion	120g
Mackerel, smoked	18.8	22.5	portion	120g
Mussels, boiled	15.8	15.8	portion	100g
Salmon, smoked	22.5	27.0	portion	120g
Sardines, canned in oil	23.7	7.1	portion	30g
Shrimps, boiled	17.6	14.1	4 tablespoons	80g
Trout, cooked	21.6	25.9	portion	120g
Tuna, prepared	27.5	32.9	portion	120g



## Meat

	protein in g/100g	protein in g/portion	portion	
Beef, prepared	27.5	27.5	portion	100g
Chicken breast, grilled	28.8	28.8	portion	100g
Chicken breast, processed	19.9	3.0	slice	15g
Ham, boiled	18.2	2.7	slice	15g
Ham, smoked raw	24.8	3.7	slice	15g
Hot dog /Frankfurter	12.5	5.0	portion	40g
Liver	25.8	25.8	portion	100g
Meat sausage, pork, grilled	18.4	13.8	portion	75g
Pate, liver	12.8	1.9	portion	15g
Pork, prepared	28.0	28.0	portion	100g
Roast beef	26.4	4.0	slice	15g
Sausage (e.g. salami/chorizo)	20.8	3.1	slice	15g

