



Protein Portions

	AMOUNT THAT COUNTS AS 1 OUNCE EQUIVALENT IN THE PROTEIN FOODS GROUP	COMMON PORTIONS AND OUNCE EQUIVALENTS
Meats	<p>1 ounce cooked lean beef</p> <p>1 ounce cooked lean pork or ham</p>	<p>1 small steak (eye of round, filet) = 3.5 to 4 ounce equivalents</p> <p>1 small lean hamburger = 2 to 3 ounce equivalents</p>
Poultry	<p>1 ounce cooked chicken or turkey, without skin</p> <p>1 sandwich slice of turkey</p>	<p>1 small chicken breast half = 3 ounce equivalents</p> <p>1/2 Cornish game hen = 4 ounce equivalents</p>
Seafood	<p>1 ounce cooked fish or shell fish</p>	<p>1 can of tuna, drained = 3 to 4 ounce equivalents</p> <p>1 salmon steak = 4 to 6 ounce equivalents</p> <p>1 small trout = 3 ounce equivalents</p>
Eggs	<p>1 egg</p>	<p>3 egg whites = 2 ounce equivalents</p> <p>3 egg yolks = 1 ounce equivalent</p>
Nuts and seeds	<p>1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)</p> <p>1/2 ounce of seeds (pumpkin, sunflower, squash seeds)</p> <p>1 Tablespoon of peanut butter or almond butter</p>	<p>1 ounce of nuts of seeds = 2 ounce equivalents</p>
Beans and peas	<p>1/4 cup cooked beans (black, kidney, pinto, white beans)</p> <p>1/4 cup cooked peas (chickpeas, lentils, or split peas)</p> <p>1/4 cup baked beans, refried beans</p> <p>1/4 cup (about 2 ounces) of tofu</p> <p>1/4 cup roasted soybeans</p> <p>2 Tablespoons hummus</p>	<p>1 cup split pea soup = 2 ounce equivalents</p> <p>1 cup lentil soup = 2 ounce equivalents</p> <p>1 cup bean soup = 2 ounce equivalents</p> <p>1 soy or bean burger patty = 2 ounce equivalents</p>