

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size	Calories	Protein (g)
Chicken, skinless	3 oz	141	28
Steak	3 oz	158	26
Turkey, roasted	3 oz	135	25
Lamb	3 oz	172	23
Pork	3 oz	122	22
Ham	3 oz	139	14
Egg, large	1 egg	71	6

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Lobster	3	76	16
Scallops	3	75	14

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories	Protein (g)
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas	½	134	7
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Kamut	½	126	6
Lima Beans	½	105	6
Quinoa	½	111	4
Peas, Green	½	59	4
Spinach, cooked	½	41	3

Protein Content of Foods

Nuts and Seeds:

Food	Serving Size	Calories	Protein (g)
Soy Nuts	1 oz	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts	1 oz	166	7
Peanut Butter	1 Tbsp	188	7
Almonds	1 oz	163	6
Pistachios	1 oz	161	6
Flax Seeds	1 oz	140	6
Sunflower Seeds	1 oz	140	6
Chia Seeds	1 oz	138	5
Walnuts	1 oz	185	4
Cashews	1 oz	162	4

Dairy Products:

Food	Serving Size	Calories	Protein (g)
Greek Yogurt	6 oz	100	18
Cottage Cheese (1% fat)	4 oz	81	14
Regular Yogurt (nonfat)	1 cup	100	11
Milk, Skim	1 cup	86	8
Soy milk	1 cup	132	8
Mozzarella (part skim)	1 oz	72	7
String Cheese (nonfat)	1 piece (0.75 oz)	50	6

Good Food Sources of Iron

BREADS, CEREALS, & OTHER GRAIN PRODUCTS

FOOD	SERVING	MG
Product 19	1 cup	18
Total	1 cup	18
Most	1/2 cup	18
40% Bran Flakes	1/2 cup	8.1
Rice Bran	1/4 cup	4.8
Rice Polishings	1/4 cup	4.4
Rice, enriched	1/2 cup	.9
Wild Rice	1 cup	6.7
Whole Wheat Bread	1 slice	.8
White Bread	1 slice	.6
Millet (cooked)	1 cup	3.9
Miso	100 gm	60

MEAT, POULTRY, FISH, AND ALTERNATES

Liver, Lamb, boiled	3 1/2 oz	17.9
Oysters	1/4 cup	10
Liver, Beef	3 oz	8
Hamburger	3 oz	3
Baked Beans, w/molasses	1/2 cup	3
Tuna	3 oz	1.6
Egg, whole, medium	1	1.2
Peanut Butter	2 teas.	.6

DRY BEANS, PEAS, LENTILS

Pinto beans	1 cup cooked	6.1
Tofu	4 oz	2.3
Lentils	1 cup cooked	4.2
Lima Beans	1 cup cooked	5.1
Black-eyed Peas	1 cup cooked	3.5
Black Beans	1 cup cooked	7.9
Navy Beans	1 cup cooked	5.1
Soybeans	1 cup cooked	4.9
Split Peas, green	1 cup cooked	3.4

VEGETABLES

FOOD	SERVING	MG
Spinach	1 cup cooked	4.0
Green Peas, fresh	1 cup	2.9
Beet greens	1 cup cooked	2.8
Butternut Squash	1 cup baked	2.1
Sunchokes	4 small	3.4
Chard	1 cup cooked	2.6
Tomato Juice	1 cup	2.2
Kale	1 cup cooked	1.8
Acorn Squash	1/2 baked	1.7
Potato	1 lg. cooked	1.4
Brussel Sprouts	8 cooked	1.7

FRUITS

Prune Juice	1 cup	10.5
Raisins	1/2 cup	2.6
Dates	10 medium	2.4
Prunes	5 cooked	1.8
Strawberries	1 cup	1.5

NUTS AND SEEDS

Pumpkin Seeds	2 Tbs.	2.0
Sesame meal	1/4 cup	2.4
Sunflower seeds	1 cup	10.3
Pistachios, shelled	1 cup	8.7
Almonds	1 cup	6.7
Cashews	1 cup	5.3
Brazil Nuts	1 cup	4.8
Hazelnuts	1 cup	4.6
Macadamia nuts	1 cup	3.2
Peanuts	1 cup	3.2
Walnuts	1 cup	3.1

OTHER

Blackstrap Molasses	1 Tbs.	3.2
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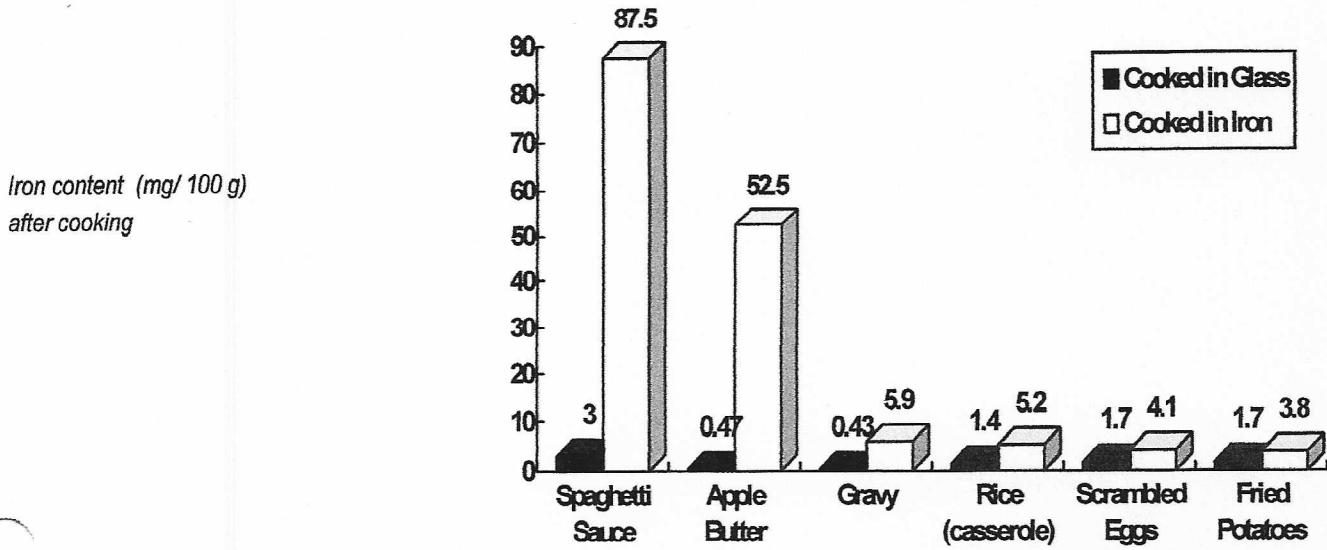
Your goal is to get 18+ milligrams of iron each day. Always try to include food high in Vit. C and B vitamins to help with the absorption of iron. Iron is essential to prevent anemia in both mom and baby. It helps the mom guard against excessive blood loss during birth. Adequate iron also guards against miscarriage and fetal malformation.

Iron deficiency can lead to feeling tired, lack of endurance, a pale complexion, shortness of breath, dizziness, headaches and depression.

1. Take Iron supplements after meal to avoid stomach upset.
2. Take with a handful of nuts, or juice.
3. Remember, sugar neutralizes hydrochloric acid and protein stimulates its production.
4. Alternatives, and easy to assemble forms of iron are chlorophyll, yellow dock and alfalfa. They are available in liquid form from your health food store. Chives are high in vitamin C and iron, (chop up and sprinkle on salads or over food. In order to receive maximum benefit, chives must be eaten fresh.)

IRON CONTENT & IRON COOKWARE

Cooking in cast Iron can greatly increase the iron content in foods. The following chart gives several examples. The longer you cook the food and the higher the vitamin C content the higher the absorption of iron.



Cooking time	3 hr.	2 hr.	45 min.	20 min.	3 min.	30 min.
Increase in Iron	29 X	112 X	14 X	3.7 X	2.4 X	8.4 X