

How much protein is in your food

People need to eat enough protein to build and maintain muscle mass. Higher amounts of protein are found in animal-based food, dairy and bean products.

One palm-sized portion
or 90g of meat and fish

20g



27g



One cup of milk

7-11g

One cup of yogurt

6g



One egg

6g



One bowl of white/
brown rice



5-6g



6g

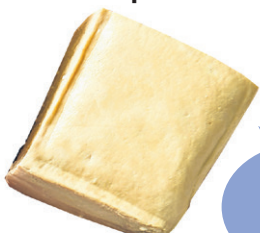
1/4 cup of
mixed nuts



5g

4g

One tofu square



5g

One meat bao



One slice of cheese

