

AI Study Buddy

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Type your question or press Enter to generate content:

What food items are considered as good source of protein?

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Great protein sources include both animal- and plant-based foods. Examples and typical protein per serving:

Animal-based

- Poultry (chicken, turkey): ~20–30 g per 3 oz cooked
- Fish/seafood (salmon, tuna, sardines, shrimp): ~18–25 g per 3 oz
- Lean red meats (beef, pork, lamb): ~20–25 g per 3 oz
- Eggs: ~6–7 g each
- Dairy: Greek yogurt ~15–20 g per 6–8 oz; cottage cheese ~12–15 g per 1/2 cup; milk ~8 g per cup; cheese ~6–8 g per oz

Plant-based

- Legumes: lentils ~18 g, chickpeas/black/kidney beans ~13–15 g per cooked cup
- Soy foods: tofu ~10 g per 3.5 oz; tempeh ~15–20 g per 3.5 oz; edamame ~17 g per cup
- Seitan (wheat gluten): ~20–25 g per 3.5 oz
- Whole grains/pseudograins: quinoa/buckwheat/amaranth ~6–9 g per cooked cup

- Nuts and nut butters: peanuts ~7 g/oz; almonds/pistachios ~6 g/oz; peanut butter ~7–8 g per 2 tbsp
- Seeds: pumpkin ~8–9 g/oz; hemp ~9–10 g per 3 tbsp; chia ~4–5 g per 2 tbsp; sunflower ~6 g/oz
- High-protein alternatives: soy or pea milk ~7–10 g per cup; lentil/chickpea pasta ~12–20 g per 2 oz dry

Notes

- Animal proteins are complete; among plants, soy, quinoa, and buckwheat are complete. A varied plant-based diet across the day provides all essential amino acids.
- Choose minimally processed options; rinse canned beans; opt for lower-sodium and lean cuts if relevant.

If you share your dietary preferences (e.g., vegetarian, halal, budget, quick meals), I can suggest a tailored list or meal ideas.

Chat History

You: What food items are considered as good source of protein?