

PROTEIN POINTER

This handy chart will show you how easy it is to get the protein you need. It is a guide only and should not be used to calculate your protein intake. Foods marked * are high in fat or sugar, which may not be desirable for all athletes.

0–5 grams of protein/serving	6–10 grams of protein/serving	11–20 grams of protein/serving	More than 20 grams of protein/serving
VEGETABLES AND FRUIT	1 Serving = 125 mL (½ c) or equivalent as indicated.		
All vegetables and fruit except as indicated in another category.	Lima beans.		
GRAIN PRODUCTS	1 Serving = 1 slice bread, ½ bagel or pita or 125 mL (½ c) cooked cereal/pasta/rice or 30 g ready-to-eat cereal (check the label for the volume) or equivalent as indicated.		
All breads, buns, crackers, cookies, cereals, muffins, rice, pancakes, waffles, granola bars, popcorn.	Bagel (10 cm), whole wheat pita (16.5 cm), whole wheat English muffin, regular or whole wheat pasta.	Sport bars.	
MILK PRODUCTS	1 Serving = 250 mL (1 c) milk, 175 g (¾ c) yogurt or 50 g (1 ½ oz) cheese or equivalent as indicated.		
Frappuccino (375 mL); camembert* cheese, cheese spread* (e.g. cheese whiz™), 125 mL (½ c) milk pudding, ice milk, ice cream*, frozen yogurt; cream cheese*; cream*.	Milk, chocolate milk; cocoa; latte (375 mL); eggnog*; soy-based beverage; yogurt beverage; 175 g yogurt; goat*, mozzarella*, ricotta* cheese; 125 mL (½ c) custard.	Instant breakfast power in milk; malted milk; 125 mL (½ c) skim milk powder; milkshake (500 mL); 50 g (1.5 oz) cheese: blue*, brick*, brie*, cheddar*, gouda*, gruyere*, partly skimmed mozzarella, Swiss* cheese, 125 mL (½ c) cottage cheese.	
MEAT AND ALTERNATIVES	1 Serving = 75 g (2.5 oz) cooked, lean meat, fish or poultry (visible fat and/or skin removed) or 175 mL (¾ c) cooked/canned legumes (e.g., kidney beans, chickpeas, lentils) or equivalent as indicated.		
1 wiener* (38 g); 2 slices side bacon* (13 g); 60 mL (¼ c) filberts*, macadamia nuts*, pecans*, pistachio nuts*; 30 mL (2 Tbsp) sesame butter*.	Oysters; 1 sausage* (68 g); 60 mL (¼ c) almonds*, brazil nuts*, cashews*, mixed nuts*, peanuts*, pine nuts*, sunflower seeds*; 30 mL (2 Tbsp) peanut butter*.	Crab, 150 g tofu; lobster, mussels, scallops, shrimp, fish sticks*, chicken wings*; beans, peas, lentils; 175 mL (¾ c) hummus, 2 eggs; 60 mL (¼ c) pumpkin seeds*.	All cuts of beef; lamb; pork; poultry; ground beef; liver; fish (tuna, salmon, etc.); clams; soy beans.
COMBINATION DISHES	1 Serving = 250 mL (1 c) or equivalent as indicated.		
Condensed or dehydrated soup made with water.	⅓ medium pizza; spaghetti with tomato sauce; lentil or pea soup; milk based soup*; vegetable beef soup, clam chowder; chicken chow mein.	Chunky soups, bean with ham soup; beef stew; spaghetti with meat sauce; macaroni and cheese*; baked beans; egg and spinach quiche*; hamburger*, cheeseburger*.	Chili con carne; taco*.

EAT WELL

Limit foods and beverages that are high in Calories, fat or sugar and have few other nutrients such as, baked goods, chocolate, candy, ice cream, fries, chips, pop, alcohol, sports and energy drinks, and sweetened hot or cold drinks. You may choose some of these foods in moderation after you have enough servings from the food groups.

For protein powder and weight gain supplements, it is important to read the label carefully. Total energy intake and adequate protein are the keys to weight gain. Most products combine carbohydrate, protein and fat.

To plan your protein intake, talk to a registered dietitian with expertise in sport. You can contact the dietitian at your [Canadian Sport Centre](#) or someone listed under the [Sport Nutrition Registry](#) on the CAC website. If there is no dietitian with expertise in sport listed in your area, [Dietitians of Canada](#) may list a dietitian near where you live.