























Protein Sources by Food Group

Meat & poultry protein sources	 Beef (lean cuts like sirloin, tenderloin) 3 oz, 21-23 grams protein	 Venison (deer meat) 3 oz, 23 grams protein	 Bison 3 oz, 22-24 grams protein	 Chicken (skinless, boneless breast) 3 oz, 24 grams protein	 Turkey (skinless, boneless breast) 3 oz, 26 grams protein
Seafood protein sources	 Salmon 3 oz, 22-25 grams protein	 Tuna (canned, drained) 3 oz, 23 grams protein	 Cod 3 oz, 19 grams protein	 Trout 3 oz, 19 grams protein	 Shrimp 3 oz, 18 grams protein
Egg & dairy protein sources	 Milk 1 cup, 8 grams protein	 Cheese (cheddar, mozzarella, parmesan, etc.) 1 oz, 6-7 grams protein	 Plain, low-fat yogurt 1 cup, 10 grams protein	 Cottage cheese 1/2 cup, 12 grams protein	 Plain, low-fat Greek yogurt 1 cup, 20 grams protein
Grain protein sources	 Quinoa 1 cup (cooked), 8 grams	 Brown Rice 1 cup (cooked), 5 grams	 Oats 1 cup (cooked), 8 grams	 Barley 1 cup (cooked), 4 grams	 Wheat (Bulgur, Farro) 1 cup (cooked), 8 grams
Nuts & seeds protein sources	 Almonds 6 grams	 Peanuts 7 grams	 Hemp Seeds 8 grams	 Pumpkin Seeds 7 grams	 Sunflower Seeds 8 grams
Legume protein sources	 Lentils 1/2 cup (cooked), 9 grams protein	 Chickpeas 1/2 cup (cooked), 7 grams protein	 Black Beans 1/2 cup (cooked), 8 grams protein	 Kidney Beans 1/2 cup (cooked), 8 grams protein	 Soybeans (Edamame) 1/2 cup (cooked), 8 grams protein
Plant-based protein sources	 Firm Tofu 8.8 grams protein, 3 oz	 Extra Firm Tofu 8.5 grams protein, 3 oz	 Tempeh 16.1 grams protein, 3 oz	 Seitan 21.2 grams protein, 3 oz	 Textured Vegetable Protein (TVP) 42.5 grams protein, 3 oz (dry weight)

The protein content values can vary slightly depending on the brand and preparation method.

Food Protein Sources

**Paul M. Insel, R. Elaine Turner, Don
Ross**



Food Protein Sources:

Food Protein Sources N. W. Pirie, 2012-01-12 First published in 1975 this book looks at the different ways in which food protein can be produced Special attention is given to sources from which food protein could be made by simple techniques in regions where protein deficiency is acute Also covered are quality control and the acceptability of novel foods

Sustainable Protein Sources Sudarshan Nadathur, Janitha P.D. Wanasundara, Laurie Scanlin, 2023-11-17 Sustainable Protein Sources Advances for a Healthier Tomorrow Second Edition explores alternative proteins including plant fungal algal and insect proteins that can take the place of meat as sustainable sources to satisfy human protein needs This revised edition presents the benefits of plant and alternative protein consumption including those that benefit the environment population and consumer trends and contains new chapters on potato protein faba bean chickpea and coconut Organized by protein chapters also cover cereals and legumes oilseeds pseudocereals fungi algae insects and fermentation derived dairy and meat proteins paying particular attention to the nutrition uses functions benefits and challenges of each The book also explores ways to improve utilization and addresses everything from consumer acceptability methods of improving the taste of products containing these proteins and ways in which policies can affect the use of alternate proteins In addition the book addresses sustainable protein as a pathway to securing the food supply and considers regenerative versus extractive agriculture alongside new methods in farming and water usage Introduces the need to shift from animal derived to plant based protein and fermentation derived proteins Discusses nutritive values of each protein source and compares each alternate protein to more complete proteins Provides an overview of production including processing protein isolation use cases and functionality

New Protein Foods Aaron Altschul, 2012-12-02 New Protein Foods Volume 1 Technology Part A deals with protein methodologies in transforming protein sources into better or more useful sources This volume is organized into 10 chapters that summarize possible sources of protein foods such as legumes meat poultry products and meat analogs The introductory chapter presents an overview of the definition of food problem of the societies the concept of affluent malnutrition and the role of protein foods This book then discusses the extent of controversy surrounding the issue of the amino acid fortification of cereals It emphasizes rice as it is a major staple in regions where fortification with amino acids should be of great benefit in eliminating malnutrition and improving the health and performance of the populations This is followed by a discussion on protein fortification of various forms of breads and other products Chapters 5 8 are devoted into the role of food proteins in human nutrition and the available technologies for their treatment Emerging protein foods unique to Japan including products of enzyme applications are also discussed and their prospects are assessed The concluding chapter presents underlying philosophies and problems as food and drug laws and regulations move to further definition of food products It also presents the concern about food nutritive values in changing times This book is an ideal source of information for food technologists and researchers who are interested with the evolving field of food proteins

Proceedings of the World Congress on Vegetable Protein Utilization in Human Foods and Animal Feedstuffs

Thomas H. Applewhite,1989 **New Protein Foods in Human Health** Fred H. Steinke,Doyle H. Waggle,Michel N. Volgarev,1991-10-24 This book is a compilation of recent research on the use of new food proteins to improve the economics nutrition and health of foods The book places particular emphasis on the use of new plant protein sources in the diet the development of new foods and the modification of existing foods to improve human health It also reviews potential sources of new protein foods the use of soy proteins in foods and new low fat protein foods that can help prevent obesity and heart disease in people of all ages The book is unique in its presentation of both western and Soviet research in protein foods **New Protein Foods in Human Health** Nutrition Prevention and Therapy is an important book for anyone involved in protein food research New Protein Foods Aaron M. Altschul,Harold L. Wilcke,2013-09-17 **New Protein Foods Volume 5 Seed Storage Proteins** covers papers on the role of new science and technology in providing greater flexibility for producing and utilizing protein food resources with emphasis on seed storage proteins primarily oilseed proteins The book presents articles on the chemistry and biology of seed storage proteins as well as the structure of soy proteins The text also includes articles on the relationships of genetic engineering to conventional genetic technology and plant breeding and the potentials for applications of genetic engineering technology to soybeans The physicochemical and functional properties of oilseed proteins with emphasis on soy proteins the chemical and enzymatic modification of plant proteins and the nutritional characteristics of oilseed proteins are also considered The book further demonstrates articles on the processes of manufacturing isolated soy protein the characteristics of isolates nutritional the physical and functional properties and the major applications of isolated soy proteins The text concludes by including articles on the production physicochemical properties and nutritional aspects of rapeseed ground nuts sunflower seeds and sesame proteins Nutritionists horticulturists agriculturists agronomists food technologists and people involved in related manufacturing companies will find the book invaluable **Plant Protein Foods** Annamalai Manickavasagan,Loong-Tak Lim,Amanat Ali,2022-03-28 Regular consumption of plant based protein foods instead of animal based protein foods reduces the risk factors for cardiovascular diseases diabetes and certain cancers Apart from human health the adverse effects to the environment due to the production of protein is much higher for animal sources than plant sources Greenhouse gas emissions from the production of one pound of lamb meat for example are thirty times higher than one pound of lentils As consumers are increasingly aware of personal health and environmental impact of food production the demand for plant protein foods is increasing globally This trend has prompted several large scale collaborative research projects on plant based protein products supported by the industry and governmental agencies Several established multinational meat companies have started adding plant protein product lines to meet the current demand This book presents the first comprehensive compilation of literature on plant based protein foods Chapters cover protein extraction technologies from plants comparison of amino acid profiles of plant and animal based proteins approaches

to product development for plant based protein products health benefits of plant based protein foods market opportunities and future challenges Plant Protein Foods is an essential reference for consumers students researchers food manufacturers and other stakeholders interested in this domain *Processing Technologies and Food Protein Digestion* Zuhaib F. Bhat,James D. Morton,Alaa El-Din A. (Aladin) Bekhit,Hafiz Suleria,2023-04-21 Processing Technologies and Food Protein Digestion covers the effect of all the applied and emerging processing technologies both thermal and non thermal on the digestion of food proteins derived from egg milk meat plants cereals fish and seafood Written by experts from a multidisciplinary perspective each chapter addresses the effects of processing technologies particularly emerging technologies such as pulsed electric field ultrasound high pressure pulsed light and ohmic heating on the digestion of food proteins This remarkable reference is the first compilation of available literature in the protein digestibility area Covers the available literature in the protein digestibility area Presents all the applied and emerging processing technologies both thermal and non thermal on the digestion of food proteins derived from egg milk meat plants cereals fish or seafood Describes in detail the digestion of food in the human gut with a particular focus on animal and vegetable protein digestion

Food Proteins and Peptides Chibuike C Udenigwe,2021-06-03 This book discusses the chemistry of food proteins and peptides and their relationship with nutritional functional and health applications Bringing together authorities in the field it provides a comprehensive discussion focused on fundamental chemistries and mechanisms underpinning the structure function relationships of food proteins and peptides The functional and bioactive properties hinge on their structural features such as amino acid sequence molecular size hydrophobicity hydrophilicity and net charges The book includes coverage of advances in the nutritional and health applications of protein and peptide modifications novel applications of food proteins and peptides in the development of edible functional biomaterials advances in the use of proteomics and peptidomics for food proteins and peptide analysis foodomics and the relevance of food protein and peptide chemistries in policy and regulation Research into the fundamental chemistries behind the functional health and nutritional benefits is burgeoning and has gained the interest of scientists the industry regulatory agencies and consumers This book fills the knowledge gap providing an excellent source of information for researchers instructors students food and nutrition industry and policy makers

Food Proteins and Bioactive Peptides Maria Hayes,2018-06-01 This book is a printed edition of the Special Issue Food Proteins and Bioactive Peptides that was published in Foods *Applied Food Protein Chemistry* Zeynep Ustunol,2014-12-19 Food proteins are of great interest not only because of their nutritional importance and their functionality in foods but also for their detrimental effects Although proteins from milk meats including fish and poultry eggs cereals legumes and oilseeds have been the traditional sources of protein in the human diet potentially any proteins from a biological source could serve as a food protein The primary role of protein in the diet is to provide the building materials for the synthesis of muscle and other tissues and they play a critical role in many biological processes They are also responsible for food texture color and flavor

Today food proteins are extracted modified and incorporated into processed foods to impart specific functional properties They can also have adverse effects in the diet proteins such as walnuts pecans almonds and cashews soybean wheat milk egg crustacean and fish proteins can be powerful allergens for some people Applied Food Protein Chemistry is an applied reference which reviews the properties of food proteins and provides in depth information on important plant and animal proteins consumed around the world The book is grouped into three sections 1 overview of food proteins 2 plant proteins and 3 animal proteins Each chapter discusses world production distribution utilization physicochemical properties and the functional properties of each protein as well as its food applications The authors for each of the chapters are carefully selected experts in the field This book will be a valuable reference tool for those who work on food proteins It will also be an important text on applied food protein chemistry for upper level students and graduate students of food science programs

Alternative Protein Source For A Sustainable And Healthy Nutrition Carla Cavallo,Kathleen L. Hefferon,2024-08-01

Global socioeconomic systems and climate change exacerbate disparities that leave a huge proportion of the human population malnourished This condition will be further worsened by intensive food production like livestock that produces affordable protein but contribute to increasing greenhouse gases making conventional food sources such as animal livestock unsustainable at global scales in a vicious cycle Thus food systems have come under pressure to meet global food demands whilst having to meet economic and ecological targets *Discovering Nutrition* Paul M. Insel,R. Elaine Turner,Don Ross,2006 This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion metabolism chemistry and life cycle nutrition **Sustaining Protein Nutrition Through**

Plant-Based Foods: A Paradigm Shift Sapna Langyan,Pranjal Yadava,Tarun Belwal,Tanushri Kaul,2022-11-25

Bioactive Peptides from Food Leo M.L. Nollet,Semih Ötleş,2022-03-28 A growing body of scientific evidence has revealed that many food peptides exhibit specific biological activities in addition to their established nutritional value Bioactive peptides present in foods may help reduce the worldwide epidemic of chronic diseases that account for a great number of premature deaths annually Bioactive peptides can be defined as isolated small fragments of proteins which provide some physiological health benefits They act as potential modifiers reducing the risk of many chronic diseases Bioactive Peptides from Food Sources Analysis and Functions considers fundamental concepts sources hydrolysis fractionation purification analysis chemical synthesis functions and regulatory status of nutraceutical bioactive peptides Methods of isolation of these peptides from different protein sources with their in vitro and vivo physiological effects are addressed Divided into seven sections this book delves into how these peptides play a major role in the development of various functional foods Numerous bioactive peptides have been reported in recent years as naturally present or generated from food proteins of different origins like milk eggs soya fish and meat Key Features Includes a detailed study of the different sources of bioactive peptides Discusses the health benefits such as antimicrobial antiallergic antihypertensive

antitumor and immunomodulatory properties of peptides Explores the state of the art analysis methods of peptides Discovers the bioinformatics of possible bioactive peptides Written by experts in their field from around the world Bioactive Peptides from Food reveals the world of databases of peptides It is a great resource for food scientists technologists chemists nutrition researchers producers and processors working in the whole food science and technology field as well as those who are interested in the development of innovative functional products **Future Foods** Rajeev Bhat,2021-12-04 Future Foods Global Trends Opportunities and Sustainability Challenges highlights trends and sustainability challenges along the entire agri food supply chain Using an interdisciplinary approach this book addresses innovations technological developments state of the art based research value chain analysis and a summary of future sustainability challenges The book is written for food scientists researchers engineers producers and policy makers and will be a welcomed reference Provides practical solutions for overcoming recurring sustainability challenges along the entire agri food supply chain Highlights potential industrial opportunities and supports circular economy concepts Proposes novel concepts to address various sustainability challenges that can affect and have an impact on the future generations **Structured Foods** Gnana Moorthy Eswaran U,PREM PRAKASH SRIVASTAV,Brijesh Srivastava,2024-08-07 Structured Foods is an important reference that discusses the recent research trends on structural development in various foods This book covers different tools and food engineering techniques such as encapsulation 3D and 4D printing imaging techniques and clean meat technology It discusses how various foods can be broken down and manipulated at the molecular level to improve their quality safety and healthfulness It describes the structuring of components like starch proteins and polysaccharides and the stability and bioavailability of different food structures This is a useful reference for researchers and industry experts in food technology food engineering and food processing The work addresses critical food related issues that need to be tackled including harvesting enough food to feed the global population improving food sustainability reducing food waste and pollution and improving human health Further it focuses on the new scientific technologies being applied by scientists for an improved food system The book is an important resource for all stakeholders in the debate about the future of our foods in the spheres of academic industrial and government policy **Encyclopedia of Food Security and Sustainability** ,2018-11-08 The Encyclopedia of Food Security and Sustainability Three Volume Set covers the hottest topics in the science of food sustainability providing a synopsis of the path society is on to secure food for a growing population It investigates the focal issue of sustainable food production in relation to the effects of global change on food resources biodiversity and global food security This collection of methodological approaches and knowledge derived from expert authors around the world offers the research community food industry scientists and students with the knowledge to relate to and report on the novel challenges of food production and sustainability This comprehensive encyclopedia will act as a platform to show how an interdisciplinary approach and closer collaboration between the scientific and industrial communities is necessary to strengthen our existing capacity to

generate and share research data Offers readers a one stop resource on the topic of food security and sustainability Contains articles split into sections based on the various dimensions of Food Security and Food Sustainability Written by academics and practitioners from various fields and regions with a farm to fork understanding Includes concise and accessible chapters providing an authoritative introduction for non specialists and readers from undergraduate level upwards as well as up to date foundational content for those familiar with the field Evaluation of Novel Protein Products A. E. Bender,B. Löfqvist,R. Kihlberg,2016-07-08 Evaluation of Novel Protein Products is a collection of several scientific essays that resulted from a symposium held in Stockholm The order in which the essays are arranged follows a session type format Session 1 focuses on the world food problem and the treatment of the nutrition problems in the field of economics and then ends with the strategy in the examination of unique protein foods Session 2 of the book is about the unique sources of protein Possible sources include oilseed fish animal husbandry cereal varieties and leaf proteins Sessions 3 to 6 analyze the nutritional value and quality of the said protein sources Session 7 contains the closing statement about the challenge of protein calorie malnutrition Doctors economists as well as academic and research students whose focus of study is on food shortage and impact of protein in the human food consumption will find this book invaluable RANN 2: Using natural resources ,1977

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