

# 8 Excellent Sources of Lean Protein

LiveWell  
by BF&M

## White-Flesh Fish

Most white-fleshed fish are super lean and excellent protein sources, providing around 20–25 grams of protein per 3.5 oz serving.



## Plain Greek Yogurt

A 6 oz serving of Greek yogurt packs 15–20 grams of protein, compared to only 9 grams in a serving of regular yogurt.



## Pulses

Pulses average 8 grams of protein per 1/2-cup cooked serving and are also low in fat and high in fiber!



## White-meat Poultry

A 3.5 oz serving of cooked chicken or turkey breast has around 30 grams of protein.



## Shrimp

A 3.5 oz serving of shrimp contains a whopping 21 grams of protein with only 1 gram of fat.



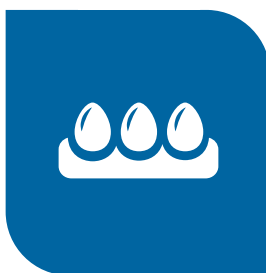
## Low-fat Dairy

An 8-ounce serving of low-fat milk has 8 grams of protein—another great option is also low-fat cottage cheese.



## Egg Whites

Whole eggs are great but if you're looking for something lighter, egg whites are a great option for satiating protein to start your day!



## Tofu

Tofu is a viable protein option if you avoid animal foods. Just a 3 oz serving of tofu contains about 7 grams of protein, including sufficient amounts of all essential amino acids!