

Protein in Meat Chart

Daily protein recommendation in Ounce-Equivalents (oz-equiv)		
Toddlers	12 to 23 months	2 oz-equiv
Children	2-3 yrs 4-8 yrs	2 to 4 oz-equiv 3 to 5½ oz-equiv
Girls	9-13 yrs 14-18 yrs	4 to 6 oz-equiv 5 to 6½ oz-equiv
Boys	9-13 yrs 14-18 yrs	5 to 6½ oz-equiv 5½ to 7 oz-equiv
Women	19-30 yrs 31-59 yrs 60+ yrs	5 to 6½ oz-equiv 5 to 6 oz-equiv 5 to 6 oz-equiv
Men	19-30 yrs 31-59 yrs 60+ yrs	6½ to 7 oz-equiv 6 to 7 oz-equiv 5½ to 6½ oz-equiv
<i>Note: These are general recommendations by age</i>		
Description	Measure	Protein(g) per measure
Chicken, gizzard, all classes, cooked, simmered	1.0 cup chopped or dice	44.07
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cup	40.59
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cup, diced	39.7
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cup, chopped or diced	37.23
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cup, chopped or diced	35.45
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	32.16
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9g raw meat)	32.1
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cup, diced	31.43
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	29.41
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	28.71

Description	Measure	Protein(g) per measure
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	28.63
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	28.55
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	27.2
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	26.81
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	26.74
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	26.58
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	26.3
Pork, fresh, variety of meats and by-products, feet, raw	4.0 oz	26.17
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	26.09
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	25.97
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	4.0 oz	25.87
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	25.77
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	25.75
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	25.65
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	23.66
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	23.38

Description	Measure	Protein(g) per measure
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	23.27
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	23.22
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	23.21
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	23.21
Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.0 oz	23.2
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	23.18
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	23.15
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	23.1
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	23.04
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	23.04
Veal, Australian, shank, hind, bone-in, separable lean only, raw	4.0 oz	23.02
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	23.01
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	22.92
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	22.92
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	22.92
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	22.78
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	22.78
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	22.77

Description	Measure	Protein(g) per measure
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	22.74
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	22.74
Pork, fresh, shoulder, blade, Boston (steaks), separable lean only, cooked, broiled	3.0 oz	22.73
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	22.7
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	22.64
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	22.51
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	22.22
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	22.19
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	22.1
Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4.0 oz	21.99
Pork, fresh, shoulder (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	21.96
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	21.89
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	21.89
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	21.74
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	21.68
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	21.67

Description	Measure	Protein(g) per measure
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	21.59
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	21.54
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	21.17
Chicken, stewing, meat and skin, and giblets and neck cooked, stewed	3.0 oz	21.15
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	21.06
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	20.79
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	20.75
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7g raw meat)	20.68
Chicken, broilers or fryers, leg, meat, and skin, cooked, roasted	3.0 oz	20.43
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1lb ready-to-cook chicken)	20.42
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	20.36
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	20.26
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	20.22
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	19.6
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	19.45
Pork, fresh, shoulder (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	19.42
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	19.41
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	19.23

Description	Measure	Protein(g) per measure
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18.94
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	18.93
Chicken, broiler, rotisserie, BBQ, back meat only	3.0 oz	18.57
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	18.55
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	18.37
Guinea hen, meat only, raw	3.0 oz	17.54
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	16.31
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1lb ready-to-cook chicken)	15.89
Squab (pigeon), meat and skin, raw	3.0 oz	15.7
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	14.24
Sausage, Italian, sweet, links	1.0 link 3 oz	13.55
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	12.82
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	14.24
Sausage, Italian, sweet, links	1.0 link 3 oz	13.55
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	12.82
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	11.42
Ham, honey, smoked, cooked	1.0 oz (1 serving)	9.86
Frankfurter, pork	1.0 link	9.74
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	9.54
Sausage, turkey, hot, smoked	2.0 oz	8.43
Beerwurst, pork, and beef	1.0 serving 2 oz	7.84
Beerwurst, beer salami, pork and beef	2.0 oz	7.84

Description	Measure	Protein(g) per measure
Kielbasa, Polish, turkey and beef, smoked	1.0 serving 2 oz	7.34
Bologna, pork and turkey, lite	1.0 serving 2 oz	7.31
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1lb ready-to-cook chicken)	7.16
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving two slices	7.05
Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.0 oz 1 NLEA serving	7
Sausage, pork and turkey, pre-cooked	1.0 serving	6.87
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	6.07
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.95
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.91
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.85
Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	1.0 slice	5.85
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.81
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.8
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.8
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.74
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	5.74
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.43
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	5.43

Description	Measure	Protein(g) per measure
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	5.41
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.34
Frankfurter, meat	1.0 serving (1 hot dog)	5.34
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.32
Pork, fresh, a variety meats and by-products, pancreas, raw	1.0 oz	5.26
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	5.11
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.87
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat choice, raw	1.0 oz	4.82
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	4.67
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1lb ready-to-cook chicken)	4.11
Braunschweiger (a liver sausage), pork	1.0 oz	4.11
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone, and skin removed (yield from 1 lb ready-to-cook chicken)	3.73
Bologna, meat and poultry	1.0 slice	3.41
Bologna, pork, turkey and beef	1.0 oz	3.28
Bologna, chicken, turkey, pork	1.0 serving	2.77
Veal, breast, separable fat, cooked	1.0 oz	2.66
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	1.78

Additional notes

References:

United States Department of Agriculture. (2018). *Abridged list was ordered by nutrient content in household measures*. <https://www.nal.usda.gov/sites/default/files/page-files/Protein.pdf>

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