

10 Great Protein Sources for Healthy Bones

Protein Intake: Aim for about 60g of protein per day for optimal bone health.
Use organic sources whenever possible to reduce additive and pesticide exposure.

🌱 = Vegetarian 🌱 = Vegan

Beans (Non-GMO Soy Beans) 🌱



1 oz (28g): 5g protein
1 serving (1 cup): 29g protein
 Other Beans per cup, cooked:
 Kidney (17g), white (17g), Lima (15g),
 Fava (14g), Black (15g)

Non-GMO Tofu (Firm) 🌱



1 oz (28g): 4g protein
1 serving (1/4 block): 13g protein

Wild Fish (Tuna, Salmon, Halibut)



1 oz (28g): 7g protein
1 serving (3oz fillet): 22g protein
 Other fish per 3oz fillet:
 Snapper (22g), Perch (21g), Sole (21g),
 Cod (20g), Tilapia (17g)

Quinoa (Uncooked) 🌱



4 oz (28g): 4g protein
1 serving (1/2 cup): 12g protein
 1/2 cup uncooked = 1 1/2 cups cooked*
 *Quinoa triples in size when cooked

Turkey Breast (and Chicken Breast)



1 oz (28g): 7g protein
1 serving (3oz): 21g protein
 Chicken: 1/2 breast (27g), 1 thigh (28g),
 1 wing (6g) 1 drumstick (21g)

Lentils (Cooked) 🌱



1 oz (28g): 3g protein
1 serving (1/2 cup): 9g protein

Nuts and Seeds (Peanuts) 🌱



1 oz (28g): 7g protein
1 serving (1/2 cup): 18g protein
 Other nuts and seeds per ounce:
 Almonds (6g), pistachios (6g),
 sunflower seeds (6g), flaxseed (5g)

Cheese (Mozzarella) 🌱



1 oz/1 Serving (28g): 9g protein
 Other cheeses per ounce:
 Cottage cheese (5g), swiss cheese (8g),
 cheddar (7g), parmesan (10 g)

Yogurt, Milk, Non-GMO Soymilk 🌱



1 oz (28g): 2g protein
1 serving (1 cup): 14g protein
Skim milk (1 cup): 8g protein
Soy milk (1 cup): 8g protein

Eggs 🌱



1 oz (28g): 3.5g protein
1 large egg (50g): 6g protein
1 egg white (33g) 4g protein