

# 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