KNOW YOUR PROTEINS

Foods high in protein are an important part of a healthy diet for people with diabetes. Can you guess how many grams of protein are in each of the commonly eaten foods listed below? If you know about how much protein is in most of these foods, great. If you get more than a few answers wrong, tell your doctor or diabetes educator you want to learn more about eating healthy foods high in protein.

A

Macaroni and cheese, frozen (1 cup)

_____

B

Chicken breast, no skin, roasted (6 ounces)

_____

C

Tuna, canned, water-packed (6 ounces)

_____

D

Egg, raw (1 large)

_____

E

Cheeseburger, fast-food (8 ounces)

_____

F

Peanut butter (2 tablespoons)

_____

G

Tilapia, baked (6 ounces)

_____

H

Pork loin chop with bone, cooked (6 ounces)

_____

I

Lentils, cooked (1 cup)

_____

J

Cottage cheese, 2% (1/2 cup)

_____

K

Kidney beans, cooked (1/2 cup)

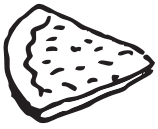
_____

L

Mozzarella cheese stick, part skim (1 ounce)

_____

M



Cheese pizza, 1 slice (6 ounces)

_____

N

Chili con carne, fast-food (1 cup)

_____

O

2 Burrito's, bean and cheese, fast food (3.3 ounces)

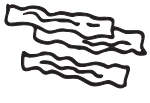
_____

P

Chicken tenders, cooked (6 ounces)

_____

Q



Bacon, medium strip, cooked (1)

_____

R

Frankfurter, beef, boiled (1 small)

_____

S

2 Taco's, soft, beef, fast-food (3.5 ounces each)

_____

ANSWERS UPSIDE DOWN
(Grams of protein):

A. 13; **B.** 53; **C.** 40; **D.** 6; **E.** 25; **F.** 8; **G.** 44; **H.** 47; **I.** 18; **J.** 13; **K.** 8; **L.** 7; **M.** 14; **N.** 25; **O.** 15; **P.** 33; **Q.** 3; **R.** 5; **S.** 23;

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