



What Counts as an Ounce Equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.



The chart lists specific amounts that count as 1 ounce equivalent in the Protein Foods Group towards your daily recommended intake:

Amount that counts as 1 ounce equivalent in the Protein Foods Group		Common portions and ounce equivalents
Meats	1 ounce cooked lean beef	1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents
	1 ounce cooked lean pork or ham	1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey (4 ½ x 2 ½ x 1/8")	½ Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents
		1 salmon steak = 4 to 6 ounce equivalents
		1 small trout = 3 ounce equivalents
Eggs	1 egg	3 egg whites = 2 ounce equivalents 3 egg yolks = 1 ounce equivalent
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)	1 ounce of nuts or seeds = 2 ounce equivalents
	½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted)	
	1 Tablespoon of peanut butter or almond butter	
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans)	1 cup split pea soup = 2 ounce equivalents
	¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas)	1 cup lentil soup = 2 ounce equivalents
	¼ cup of baked beans, refried beans	1 cup bean soup = 2 ounce equivalents
	¼ cup (about 2 ounces) of tofu	1 soy or bean burger patty = 2 ounce equivalents
	1 oz. tempeh, cooked	
	¼ cup roasted soybeans 1 falafel patty (2 ¼", 4 oz)	
2 Tablespoons hummus		