

Gastric Band Protein Foods	Portion	Protein grams/oz
<i>Poultry and Eggs, cooked</i>		
Chicken		
Dark meat, cooked	1 oz	8 grams
White meat, cooked	1 oz	8 grams
Turkey		
Dark meat, cooked	1 oz	8 grams
White meat, cooked	1 oz	8 grams
Deli-style turkey breast, 99% fat-free	1 oz	4 grams
Ground turkey, cooked	1 oz	7 grams
Eggs, Chicken		
Egg, whole, cooked	1 large egg	6 grams
Egg whites, cooked	2 large	7 grams
Egg yolks, cooked	2 large	5 grams
Egg substitute, liquid	1/4 C (2 oz)	7 grams
<i>Beef</i>		
Ground beef, 95% lean, cooked	1 oz	7 grams
Top sirloin steak, cooked	1 oz	7 grams
Beef sirloin, cooked	1 oz	6 grams
Beef liver, cooked	1 oz	7 grams
Roast, chuck, cooked	1 oz	9 grams
<i>Pork</i>		
Pork chop, cooked	1 oz	8 grams
Pork roast, cooked	1 oz	7 grams
Pork tenderloin, cooked	1 oz	7 grams
Canadian bacon	1 slice	5 grams
Deli-style ham, 99% fat-free	1 oz	5 grams
<i>Game</i>		
Bison/buffalo, cooked	1 oz	8 grams
Duck, breast meat, cooked	1 oz	5 grams
Elk, cooked	1 oz	8 grams
Pheasant, cooked	1 oz	9 grams
Quail, cooked	1 oz	7 grams
Rabbit, cooked	1 oz	9 grams
Venison, cooked	1 oz	8 grams

Fish		
Catfish, cooked	1 oz	5 grams
Cod, cooked	1 oz	7 grams
Halibut, cooked	1 oz	8 grams
Rainbow trout, cooked	1 oz	7 grams
Salmon, canned	1 oz	7 grams
Salmon, fresh, cooked	1 oz	7 grams
Sole, Flounder, or Haddock, cooked	1 oz	7 grams
Tilapia, cooked	1 oz	6 grams
Tuna, fresh, cooked	1 oz	8 grams
Tuna, light or albacore, canned	1 oz	7 grams
Shellfish		
Clams, steamed	1 oz (3 small)	7 grams
Crab, cooked	1 oz	5 grams
Crab, dungeness, cooked	1 oz	6 grams
Scallops, raw	1 oz (2 large)	5 grams
Shrimp, boiled	1 oz (5 large)	6 grams
Milk - Yogurt		
Milk, nonfat, skim or 1%	4 oz	4 grams
Instant nonfat dry milk powder	1 Tablespoon	3 grams
Yogurt, light, fat-free	6 oz (1 container)	5 grams
Cheese		
American, low-fat	1 slice	5 grams
Brie or Camembert	1 oz	6 grams
Cheddar, low-fat	1 oz	7 grams
Cream cheese, low-fat	1 Tablespoon	2 grams
Cottage cheese, low-fat	1 oz	4 grams
Laughing Cow, light Swiss	1 wedge	2 grams
Monterey	1 oz	6 grams
Mozzarella, part skim	1 oz	7 grams
Provolone	1 oz	7 grams
Ricotta cheese, low-fat	1 oz	3 grams
Swiss, low-fat	1 oz (1 slice)	7 grams
Cooked Dry Beans/Soy Cheese		
Edamame (green soybeans)	1 oz	3 grams
Kidney beans	1 oz	1 gram
Lentils	1 oz	2 grams
Miso	1 oz	4 grams
Refried beans, canned	1 oz	2 grams
Soy or bean burger patty	1 oz	4 grams
Soy cheese	1 oz	3 grams
Tempeh, cooked	1 oz	4 grams
Tofu, firm	1 oz	4 grams
White beans, canned	1 oz	2 grams

Common Measurement Equivalents

1 oz = 2 Tablespoons

2 oz = 1/4 cup (4 Tablespoons)

4 oz = 1/2 cup (8 grams Tablespoons)

6 oz = 3/4 cup (12 Tablespoons)

8 grams oz = 1 cup (16 Tablespoons)