



WHAT TO EAT

Before, During and After Cancer Treatment

PROTEIN SOURCES

MEAT + FISH	AMOUNT	PROTEIN*
Skinless chicken or turkey breast	4 ounces	34 grams
Lean beef/pork	4 ounces	28 grams
Tuna, water packed	3 ounces	21 grams
Baked white fish (cod, haddock)	4 ounces	25 grams

EGGS + DAIRY	AMOUNT	PROTEIN*
Egg	1 large	6 grams
Cottage cheese	4 ounces	13 grams
Cheese	2 ounces	14 grams
Yogurt	8 ounces	9 grams
Greek yogurt	6 ounces	14 grams
Milk	1 cup	8 grams
Non-fat dry milk	1 cup	6 grams

PLANT-BASED FOODS	AMOUNT	PROTEIN*
Peanut butter	2 Tbsp.	7 grams
Nuts	2 ounces	5-8 grams
Soy milk	1 cup	10 grams
Soy yogurt	1/2 cup	8 grams
Beans, cooked — navy, pinto or kidney	1/2 cup	14 grams
Soy beans, cooked — edamame	3 ounces	12 grams
Tofu	2 Tbsp.	14 grams
Powdered soy/whey protein (check label)	2 Tbsp.	3 grams
Wheat germ	2 Tbsp.	4 grams
Quinoa	1 cup	8 grams

**Amounts are approximate. Note: 8 ounces = 1 cup*