

# Protein Conversion Chart

The table below is a comparison table of the different protein sources and the quantity of protein.

100g protein source	Amount of protein per 100g		30g protein	Quantity of protein source
Chicken breast	32g		Chicken breast	100g
Chicken thigh	28.2g		Chicken thigh	110g
Chicken Mince	22.5g		Chicken Mince	135g
Beef brisket	32g		Beef brisket	95g
Beef mince	20g		Beef mince	150g
Steak (eye fillet)	30g		Steak (eye fillet)	100g
Lamb	28g		Lamb	110g
Bacon	34g		Bacon	90g
Lean beef sausage	18g		Lean beef sausage	165g
Pork sausage	18.5g		Pork sausage	165g
Leg ham	29g		Leg ham	105g
Tofu	15g		Tofu	185g
Edamame	12g		Edamame	250g
Chickpeas	7g		Chickpeas	425g
Cottage cheese	17.5g		Cottage cheese	175g
SSH protein powder	26g		SSH protein powder	45g
Greek yoghurt	10.5g		Greek yoghurt	325g
High protein yoghurt	10.5g		High protein yoghurt	300g
Salmon	25.4g		Salmon	115g
Tuna	26g		Tuna	115g