



High-Protein Foods: 2 Tablespoon Guide

Small amounts can make a big difference!

Protein needs increase with age. Even small additions throughout the day can support muscle, strength, healing, and energy. This handout shows common high-protein foods in **2 Tbsp portions**, listed from **lowest to highest calories**.

Aim for 25-30 grams of protein at each meal throughout the day to help muscles stay!

2 Tbsp High-Protein Foods (Calories are approximate and may vary by brand)

Lowest to Highest Calories

- | | |
|---|---|
| 1. Nonfat Plain Greek Yogurt
~20 calories ~2-3 g protein | 7. Feta Cheese
~50-70 calories ~5-6 g protein |
| 2. Nonfat Cottage Cheese (blended or small curd)
~25 calories 3-4 g protein | 8. Hemp Seeds (hulled)
~90-120 calories ~5-6.5 g protein |
| 3. Skyr (Icelandic yogurt, nonfat)
~20-30 calories 3-4 g protein | 9. Chia Seeds
~120-140 calories ~4-6 g protein |
| 4. Ricotta Cheese (part-skim)
~40 calories ~3 g protein | 10. Peanut & Almond Butter
~160-180 calories 6-7 g protein |
| 5. Hummus
~50-80 calories ~2 g protein | 11. Tahini (sesame seed paste)
~170-210 calories ~5-8 g protein |
| 6. Peanut Butter Powder (dry)
~50-60 calories ~6 g protein | 12. Sunflower Seed Butter
~180-210 calories ~5-7 g protein |

Best Protein for Fewer Calories

- Nonfat Greek yogurt
- Cottage cheese, nonfat
- Skyr/Icelandic yogurt, nonfat
- Powdered peanut butter

Great choices for increasing protein when trying to maintain or lose weight.

Best for Malnutrition Risk or Unintentional Weight Loss

- Nut and Seed butters
- Fuller fat yogurt & dairy
- Hemp & Chia seeds

*These provide protein **plus** healthy fats for extra calories in small amounts.*

Calcium-Rich Options

- Greek yogurt
- Cottage cheese
- Skyr/Icelandic Yogurt
- Ricotta cheese

Supports bone health and muscle strength with calcium, vitamin D, magnesium & leucine.

Easy Ways to Use 2 Tbsp Protein Foods

- Stir into oatmeal, soup, or mashed potatoes
- Blend into smoothies. Sprinkle on yogurt, ice cream
- Spread on toast, crackers, or fruit
- Add to sauces, dips, casseroles, baked goods, & sprinkle on salads

2 Tbsp Seed Comparison: Calories, Omega-3s, Protein & Fiber

Food	Calories	Protein (g)	Fiber (g)	Omega-3s (ALA, g)
Flaxseed (ground)	~70	~3	~4	~3.2
Chia Seeds	~80-120	~3 - 4	~ 8	~4
Hemp Hearts/Seeds (hulled)	~120	~6 - 7	~0.5	~0.3 (8 grams Omega 3 & 6)
Pepitas (hulled pumpkin seeds)	~90	~5	~1	~0.02
Pumpkin Seeds (with shell)	~85	~4	~2	~0.02
Sunflower Seeds (hulled)	~100-105	~4	~2	~0.02

Note: Nutrients can vary by brand. Choose options with no or minimal sodium.