



# PEDIASURE COMPARED TO COMMON SOURCES OF PROTEIN



## GRAMS OF PROTEIN

PediaSure SideKicks 1 bottle	10
Chicken, grilled breast 1 oz	9
Edamame 1/2 cup cooked	9
Black beans 1/2 cup	8
Greek yogurt nonfat vanilla 3 oz	8
Low fat milk 1 cup	8
Quinoa 1 cup cooked	8
Turkey breast 2 oz deli	8
PediaSure Grow & Gain 1 bottle	7
Ground beef 80% lean 1 oz broiled	7
Peanut butter 2 tbsp	7
Tuna 1 oz canned	7
Almonds 1 oz	6
Chickpeas 1/2 cup	6
Cottage cheese low fat 2 oz	6
Egg 1 large	6
Fish baked cod 1 oz	6

Source: <https://www.nal.usda.gov/fnic/usda-nutrient-data-laboratory>. Accessed May 12, 2020