What Counts as an Ounce of Protein?

Most people should eat 6 ounces of protein each day and aim to eat more LEAN sources of protein. This handout shows the amount of some common protein foods and their ounce equivalents.

1 tablespoon of peanut butter = 1 ounce

1 whole egg = 1 ounce

3 thin slices of deli meat = 1 ounce

1/4 cup cooked beans = 1 ounce

1 small, cooked chicken breast = 3 ounces

1 small hamburger = 3 ounces