

Cost of 1 gram of Protein

Foods in the meat group provide most of the protein in our diet. Foods that come from animals are usually more concentrated in protein than plant foods. However, sometimes meat has fillers and fat ground up with it, so there is actually less protein per gram than plant foods.

Food	Cost/1 gram protein *
Egg	\$0.01
Ground turkey breast	\$0.01
Ground beef	\$0.02
Soy protein/flour	\$0.02
Skinless chicken breast	\$0.02
Creamy peanut butter	\$0.03
Hot dog	\$0.03
Black beans, canned	\$0.03
Salmon fillet	\$0.04
Ham, deli	\$0.07
*Prices in central Iowa, September, 2009	

That pound of hot dogs or brats—that seem inexpensive—really cost more to get the same amount of protein, plus they are much higher in calories. The chart below compares hot dogs and hamburgers in protein, cost and calories.

	Cost/pound *	Protein	Cost for 20 grams
Hot dog (Oscar Mayer)	\$2.00/pound (10 hot dogs)	5 grams per hot dog, 4 hot dogs = 20 grams	4 hot dogs X \$.20=\$.80 (also 520 calories)
Ground beef (80%)	\$2.10/pound (Yields 4 3-ounce broiled hamburgers)	1 hamburger = 20 grams protein	1 hamburger \$2.10/4= \$.53 (about 230 calories)

* Prices in central Iowa, November, 2009

IOWA STATE UNIVERSITY

University Extension

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jack M. Payne, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.