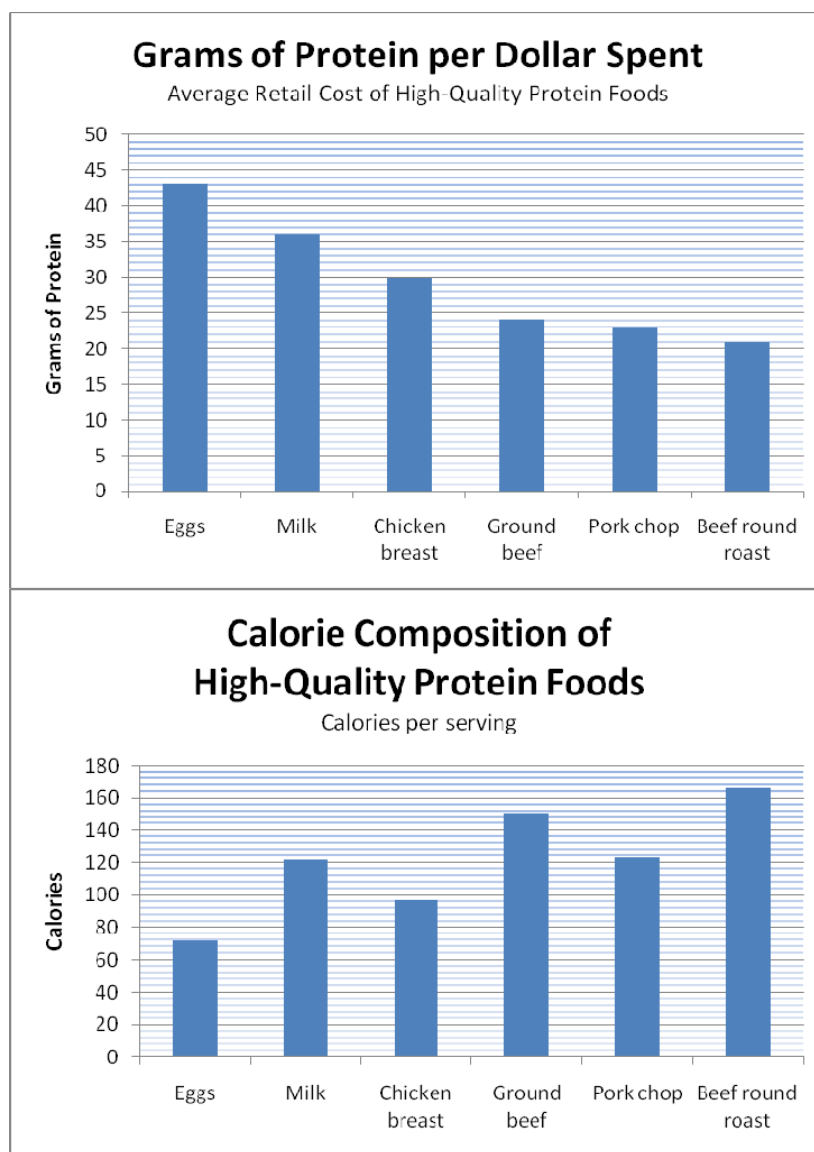


Average Retail Cost of High-Quality Protein Foods

Updated April 15, 2011

Complete Protein Food	Avg. Cost ¹	Serving Size	Cost per Serving	Calories per serving ² (kcal)	Protein per serving (g)	Grams Protein Per Dollar Spent (g/\$1)
Eggs, grade A large	\$1.73/doz.	1 egg	\$0.14	72	6.0	43
Milk, reduced fat, 2% milkfat	\$3.50/gal. ³	8 oz.	\$0.22	122	8.0	36
Chicken breast, skinless (boneless)	\$3.22/lb. ⁴	3 oz.	\$0.60	97	18.0	30
Ground beef, 90% lean meat	\$3.76/lb.	3 oz.	\$0.71	150	17.0	24
Pork chop (boneless)	\$4.09/lb.	3 oz.	\$0.77	123	17.5	23
Beef round roast, USDA Choice (boneless)	\$4.38/lb.	3 oz.	\$0.82	166	17.5	21



¹ United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products (April 15, 2011). Retrieved on April 15, 2011 from <http://www.ers.usda.gov/Data/MeatPriceSpreads/>

² United States Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2010. USDA National Nutrient Database for Standard Reference, Release 23. www.ars.usda.gov/nutrientdata. Nutrient facts per raw serving.

³ Price is for whole milk, no price available for lowfat

³ Price is for bone-in chicken legs, no price available for skinless

⁴ Price is for boneless chicken breast, no price available for skinless