Typical proton chemical shifts for amino acids within a protein.

type	HN	HA	HB	other
gly	8.0	4.2,3.8		
ala	8.0	4.4	1.4β	
val	8.0	4.4	2.0β	1.0,0.9γ
ser	8.0	4.5	3.7,3.6β	
thr	8.0	4.5	4.4β	1.2γ
cys	8.0	4.5	3.3,3.1β	
asp	8.0	4.6	2.5,2.3β	
asn	8.0	4.6	2.5,2.3β	amine: 6.9,7.6
glu	8.0	4.5	2.2,2.1β	2.3,2.2γ
gln	8.0	4.5	2.2,2.1β	2.3,2.2γ amine: 6.9,7.6
ile	8.0	4.3	1.0β	0.9γ(methyl) 1.2,1.1γ 1.0δ(methyl)
leu	8.0	4.4	1.7,1.6β	1.6γ 1.0δ,0.9δ
lys	8.0	4.4	1.6,1.7β	1.5,1.4γ 1.7,1.6δ 3.0,3.1ε NH_3:6.9
arg	8.0	4.4	1.6,1.7β	1.5,1.4γ 1.7,1.6δ 3.3,3.2ε NH:7.1
met	8.0	4.5	2.0,2.1β	2.6,2.5γ methyl: 2.2
pro		4.5	2.2,2.0β	2.1,2.0γ 3.7,3.6δ
phe	8.0	4.5	3.0,2.8β	ring: H-C (3) 6.5 to 7.6
tyr	8.0	4.5	3.0,2.8β	ring: H-C (2) 6.6 to 7.4
trp	8.0	4.5	3.1,2.9β	ring: H-C (5) 6.5 to 7.9, NH:10.0
his	8.0	4.5	3.2,3.0β	ring: H-C (2) 6.5 to 8.5

Chemical shifts may vary by as much as approximately $\pm$ 1.5, and sometimes more, depending on local structure.

Sometimes OH proton of Thr and Ser may be observed near 5.6 ppm.