

# High Protein Foods List

*calories and protein for each high protein food!*

healthbeet.org

Protein Rich Foods	Grams of protein	Calories	Measurem	Typical Serving
Almond butter	21 grams	614 calories	100 grams	2 tablespoons = 7 grams protein
Almonds	21 grams	579 calories	100 grams	1 ounce = 6 grams protein
Bacon (cooked)	37 grams	541 calories	100 grams	1 slice - 3 grams protein
Beans (cooked legumes)	8.7 grams	127 calories	100 grams	1/2 cup = 7 grams protein
Beef, ground (cooked 95% lean)	27 grams	174 calories	100 grams	3 ounces = 23 grams protein
Beef, steak (sirloin)	27 grams	244 calories	100 grams	3 ounces = 23 grams protein
Cashew	18 grams	553 calories	100 gram	1 ounce = 5 grams protein
Chia seeds	17 grams	486 calories	100 grams	1 ounce = 4.7 grams protein
Chicken breasts	31 grams	165 calories	100 grams	4 ounces = 36 grams protein
Chicken thighs	24 grams	177 calories	100 grams	4 ounces = 28 grams protein
Cottage cheese (2%)	12 grams	86 calories	100 grams	1/2 cup = 13 grams protein
Edamame (cooked)	11 grams	122 calories	100 grams	1 cup = 17 grams protein
Egg whites	11 grams	52 calories	100 grams	1 large = 3.6 grams protein
Eggs	13 gram	143 calories	100 grams	1 large = 6 grams protein
Fish, Cod	18 grams	82 calories	100 grams	3 ounce = 15 grams protein
Fish, halibut (cooked)	23 grams	111 calories	100 grams	3 ounce = 19 grams protein
Fish, salmon (cooked)	24 grams	178 calories	100 grams	3 ounce = 21 grams protein
Fish, Tilapia	26 grams	129 calories	100 grams	3 ounce = 22 grams
Hemp seeds	30 grams	567 calories	100 grams	3 tablespoons (30 g) = 9 g protein
Hummus (varies by brand or recipe)	7 grams	250 calories	100 grams	2 tablespoons = 2 grams of protein
Peanut butter	22 grams	598 calories	100 grams	2 tablespoons = 7 grams protein
Peanuts	25 grams	607 calories	100 grams	1 ounce = 7 grams protein
Pine nuts	14 grams	673 calories	100 grams	1 ounce = 4 grams protein
Pork chops (lean, cooked)	21 grams	280 calories	100 grams	3 ounces = 18 grams protein
Pork, tenderloin	27 grams	154 calories	100 grams	3 ounces = 22 grams protein
Protein Powder (whey)	78 grams	338 calories	100 grams	38 grams (1 scoop) = 30 g protein
pumpkin seeds	19 grams	446 calories	100 grams	1 ounce = 5 grams protein
Refried beans	5 grams	92 calories	100 grams	1/2 cup = 7 grams protein
Ricotta Cheese (part skim)	11 grams	138 calories	100 grams	1/2 cup = 14 grams protein
Shrimp (cooked)	24 grams	99 calories	100 grams	3 ounces = 19 grams protein
Sunflower seeds	21 grams	584 calories	100 grams	1/4 cup = 6 grams protein
Tempeh	19 grams	193 calories	100 grams	1 cup = 31 grams protein
Tofu	8 grams	76 calories	100 grams	1/2 cup = 10 grams protein
Tuna	28 grams	132 calories	100 grams	3 ounces = 24 grams protein
Turkey breast	29 grams	189 calories	100 grams	3 ounces = 26 grams protein
Turkey, deli meat	18 grams	98 calories	100 grams	4 ounces = 20 grams protein
Turkey, ground (93% lean)	19.5 grams	141 calories	100 grams	3 ounces = 16.5 grams protein
Yogurt (lowfat, plain)	6 grams	70 calories	100 grams	1 cup = 11 grams