High-Protein Foods

Ranked from most to least protein in a typical serving, with protein and calories per 100 grams so you can compare foods side by side.

36 g protein in a typical serving
Gray text: per 100 grams

● Meat & poultry ● Fish & seafood ● Eggs & dairy ● Beans & soy ● Nuts, seeds & nut butters

1	**Chicken breast** 4 oz | per 100 g: 31 g protein, 165 cal	36 g	
2	**Tempeh** 1 cup | per 100 g: 19 g protein, 193 cal	31 g	
3	**Whey protein powder** 1 scoop (38 g) | per 100 g: 78 g protein, 338 cal	30 g	
4	**Chicken thighs** 4 oz | per 100 g: 24 g protein, 177 cal	28 g	
5	**Turkey breast** 3 oz | per 100 g: 29 g protein, 189 cal	26 g	
6	**Tuna** 3 oz | per 100 g: 28 g protein, 132 cal	24 g	
7	**Greek yogurt** (nonfat) 1 cup | per 100 g: 10 g protein, 87 cal	24 g	
8	**Ground beef** (95% lean, cooked) 3 oz | per 100 g: 27 g protein, 174 cal	23 g	
9	**Sirloin steak** 3 oz | per 100 g: 27 g protein, 244 cal	23 g	
10	**Pork tenderloin** 3 oz | per 100 g: 27 g protein, 154 cal	22 g	
11	**Tilapia** 3 oz | per 100 g: 26 g protein, 129 cal	22 g	
12	**Salmon** (cooked) 3 oz | per 100 g: 24 g protein, 178 cal	21 g	
13	**Deli turkey** 4 oz | per 100 g: 18 g protein, 98 cal	20 g	
14	**Shrimp** (cooked) 3 oz | per 100 g: 24 g protein, 99 cal	19 g	
15	**Halibut** (cooked) 3 oz | per 100 g: 23 g protein, 111 cal	19 g	
16	**Pork chops** (lean, cooked) 3 oz | per 100 g: 21 g protein, 280 cal	18 g	
17	**Edamame** (cooked) 1 cup | per 100 g: 11 g protein, 122 cal	17 g	
18	**Ground turkey** (93% lean) 3 oz | per 100 g: 19.5 g protein, 141 cal	16.5 g	
19	**Cod** 3 oz | per 100 g: 18 g protein, 82 cal	15 g	
20	**Ricotta cheese** (part skim) ½ cup | per 100 g: 11 g protein, 138 cal	14 g	
21	**Cottage cheese** (2%) ½ cup | per 100 g: 12 g protein, 86 cal	13 g	
22	**Plain yogurt** (lowfat) 1 cup | per 100 g: 6 g protein, 70 cal	11 g	
23	**Tofu** ½ cup | per 100 g: 8 g protein, 76 cal	10 g	
24	**Hemp seeds** 3 tbsp | per 100 g: 30 g protein, 567 cal	9 g	
25	**Peanuts** 1 oz | per 100 g: 25 g protein, 607 cal	7 g	
26	**Peanut butter** 2 tbsp | per 100 g: 22 g protein, 598 cal	7 g	
27	**Almond butter** 2 tbsp | per 100 g: 21 g protein, 614 cal	7 g	
28	**Beans** (cooked) ½ cup | per 100 g: 8.7 g protein, 127 cal	7 g	
29	**Refried beans** ½ cup | per 100 g: 5 g protein, 92 cal	7 g	
30	**Almonds** 1 oz | per 100 g: 21 g protein, 579 cal	6 g	
31	**Sunflower seeds** ¼ cup | per 100 g: 21 g protein, 584 cal	6 g	
32	**Eggs** 1 large | per 100 g: 13 g protein, 143 cal	6 g	
33	**Pumpkin seeds** 1 oz | per 100 g: 19 g protein, 446 cal	5 g	
34	**Cashews** 1 oz | per 100 g: 18 g protein, 553 cal	5 g	
35	**Chia seeds** 1 oz | per 100 g: 17 g protein, 486 cal	4.7 g	
36	**Pine nuts** 1 oz | per 100 g: 14 g protein, 673 cal	4 g	
37	**Egg whites** 1 large | per 100 g: 11 g protein, 52 cal	3.6 g	
38	**Bacon** (cooked) 1 slice | per 100 g: 37 g protein, 541 cal	3 g	
39	**Hummus** 2 tbsp | per 100 g: 7 g protein, 250 cal	2 g	

Quick tip

For the most protein per calorie, look for foods where the protein is high and the calories are low per 100 g, like chicken breast, white fish, shrimp, egg whites and Greek yogurt. Nuts and seeds have protein too, but they pack a lot of calories, so measure your portions.

Values from USDA FoodData Central. Brands and recipes vary, so check your labels.

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