

Top 10 Foods Highest in Protein

Protein is a macro nutrient composed of amino acids that is necessary for the proper growth and function of the human body. While the body can manufacture several amino acids required for protein production, a set of essential amino acids needs to be obtained from animal and/or vegetable protein sources. Animal protein sources contain the complete set of essential amino acids, while all the essential amino acids can be obtained by eating a wide variety of plant foods. There is considerable debate over the amount of protein a person needs to consume per day, the current recommended daily intake (RDI) of protein is 46 grams for women aged 19-70 and 56 grams for men aged 19-70. Any excess protein consumed is turned into energy by the body, and it is controversial whether this excess protein causes a strain on the liver. A deficiency in protein leads to muscle atrophy, and impaired functioning of the human body in general. **Below is a list of common foods with the highest protein to calorie ratio, for more information, see the sections on protein dense foods, other protein rich foods, low calorie high protein snacks, and protein isolates.**



#1: Turkey Breast (and Chicken Breast)

Protein in 100g	Half-Breast (306g)	Protein to Calorie Ratio
30g	92g	1g protein per 4.5 calories

Chicken: Chicken Breast (58g) provides 17g protein. Chicken Leg (69g) provides 18g protein. Chicken Thigh (37g) provides 9g protein.



#2: Fish (Tuna, Salmon, Halibut)

Protein in 100g	3oz Fillet (85g)	Protein to Calorie Ratio
26g	22g	1g protein per 4.5 calories

Other fish high in protein per fillet(3oz or 85g): Tuna (22g), Salmon (22g), Halibut (22g), Snapper (22g), Perch(21g), Flounder and Sole (21g), Cod (20g), Tilapia (17g).



#3: Cheese (Low-fat Mozzarella and Cottage Cheese)

Protein in 100g	1oz Slice (28g)	Protein to Calorie Ratio
32g	9g	1g protein per 4.7 calories

Other cheese high in protein per ounce(28g): Low-fat Cottage Cheese (5g), Low-fat Swiss Cheese (8g), Low-fat Cheddar (6g), Parmesan (10g), Romano (9g). ***Low fat Mozzarella and Cottage cheese provide the most protein per calorie.**



#4: Pork Loin (Chops)

Protein in 100g	1 Chop (134g,~5oz)	Protein to Calorie Ratio
25g	33g	1g protein per 5.2 calories

Sirloin Roast 3oz (28g) provides 23g of protein, Ham 3oz (28g) provides 18g of protein, 1 slice of bacon (8g) provides 3g of protein.



#5: Lean Beef and Veal (Low Fat)

Protein in 100g	3oz Slice (85g)	Protein to Calorie Ratio
36g	31g	1g protein per 5.3 calories

T-Bone Steak 3oz (28g) provides 19g of protein, 1 Piece of Beef Jerky (20g) provides 7g of protein.



#6: Tofu

Protein in 100g	3oz Slice (85g)	Protein to Calorie Ratio
7g	6g	1g protein per 7.4 calories



#7: Beans (Mature Soy Beans)

Protein in 100g	1 cup (172g)	Protein to Calorie Ratio
17g	29g	1g protein per 10.4 calories

Other beans high in protein per cup cooked: Kidney Beans (17g), White Beans (17g), Lima Beans (15g), Fava Beans (14g), Black Beans (15g), Mung Beans (14g).



#8: Eggs (Especially Egg Whites)

Protein in 100g	1 Large Egg (50g)	Protein to Calorie Ratio
13g	6g	1g protein per 12 calories

1 Egg White (33g) provides 4g protein, 1g protein to 4.4 calories.



#9: Yogurt, Milk, and Soymilk

Protein in 100g	1 cup (245g)	Protein to Calorie Ratio
6g	14g	1g protein per 18 calories

1 cup skim milk (245g) provides 8g protein, 1 cup soymilk (243g) provides 8g protein.



#10: Nuts and Seeds (Pumpkin, Squash, and Watermelon Seeds, Peanuts, Almonds)

Protein in 100g	1 Ounce (28g)	Protein to Calorie Ratio
33g	9g	1g protein per 15.8 calories

Other nuts and seeds high in protein (grams protein per ounce (28g)): Peanuts (7g), Almonds (6g), Pistachios (6g), Sunflower Seeds (6g), Flaxseed (5g), Mixed Nuts (4g)