A4 · 210 × 297 mm

High-Protein Foods Chart

50 everyday foods ranked by protein per serving

FOOD	SERVING	PROTEIN	KCAL
Chicken breast / roasted	3 oz (85 g)	26.4 g	140
Beef top sirloin / broiled	3 oz (85 g)	26.0 g	156
Turkey breast / roasted	3 oz (85 g)	25.1 g	116
Beef tenderloin / broiled	3 oz (85 g)	24.7 g	170
Pork loin / roasted	3 oz (85 g)	24.3 g	178
Ground beef / 90% lean	3 oz (85 g)	24.2 g	196
Lamb leg / roasted	3 oz (85 g)	24.1 g	162
Ground beef / 85% lean	3 oz (85 g)	23.5 g	218
Ground turkey / cooked	3 oz (85 g)	23.3 g	173
Pork chop / lean, broiled	3 oz (85 g)	22.8 g	153
Tilapia / cooked	3 oz (85 g)	22.3 g	109
Salmon / wild, cooked	3 oz (85 g)	21.6 g	155
Chicken thigh / roasted	3 oz (85 g)	21.1 g	152
Sardines / canned, drained	3 oz (85 g)	20.9 g	177
Chicken drumstick / skinless	3 oz (85 g)	20.6 g	132
Shrimp / cooked	3 oz (85 g)	20.4 g	84
Tuna / white, canned	3 oz (85 g)	20.1 g	109
Salmon / pink, canned	3 oz (85 g)	19.6 g	117
Cod / cooked	3 oz (85 g)	19.4 g	89
Salmon / farmed, cooked	3 oz (85 g)	18.8 g	175
Greek yogurt / nonfat	170 g	17.3 g	100
Tofu / firm	100 g	17.3 g	144
Tempeh	3 oz (85 g)	17.3 g	163
Tuna / light, canned	3 oz (85 g)	16.5 g	73
Soybeans / boiled	1/2 cup (86 g)	15.7 g	148

FOOD	SERVING	PROTEIN	KCAL
Greek yogurt / whole-milk	170 g	15.3 g	165
Cottage cheese / 1%	1/2 cup (113 g)	14.0 g	81
Cottage cheese / creamed	1/2 cup (113 g)	12.5 g	111
Cottage cheese / 2%	1/2 cup (113 g)	11.9 g	92
Hemp seeds / hulled	3 tbsp (30 g)	9.5 g	166
Edamame / prepared	1/2 cup (78 g)	9.3 g	94
Lentils / cooked	1/2 cup (99 g)	8.9 g	115
Pumpkin seeds / dried	1 oz (28 g)	8.5 g	157
Milk / skim	1 cup (245 g)	8.3 g	83
Quinoa / cooked	1 cup (185 g)	8.1 g	222
Milk / 2%	1 cup (244 g)	8.1 g	122
Kidney beans / cooked	1/2 cup (89 g)	7.7 g	113
Black beans / cooked	1/2 cup (86 g)	7.7 g	114
Chickpeas / cooked	1/2 cup (82 g)	7.3 g	134
Peanut butter / smooth	2 tbsp (32 g)	7.1 g	191
Peanuts / dry-roasted	1 oz (28 g)	6.8 g	164
Mozzarella / part skim	1 oz (28 g)	6.8 g	71
Cheddar cheese	1 oz (28 g)	6.4 g	113
Egg / hard-boiled	1 large (50 g)	6.3 g	78
Almonds / raw	1 oz (28 g)	5.9 g	162
Chickpeas / canned, drained	1/2 cup (82 g)	5.8 g	114
Oats / dry	1/2 cup dry (40 g)	5.3 g	152
Chia seeds / dried	2 tbsp (28 g)	4.6 g	136
Green peas / cooked	1/2 cup (80 g)	4.3 g	67
Parmesan cheese	10 g	3.6 g	39

What the numbers mean

Protein and kcal are for the listed portion. Dry/cooked and drained weights are specified.

Source: USDA FoodData Central / SR Legacy (2018), via NoGymLab. Rounded estimates.