



High Protein Food List

Beef

- Hamburger patty, 4 oz. – 28 grams protein
- Steak, 6 oz. – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

Chicken

- Chicken breast, 3.5 oz. – 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken meat, cooked, 4 oz. – 35 grams

Fish

- Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz. (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz. can – 40 grams of protein

Pork

- Pork chop, average – 22 grams protein
- Pork loin or tenderloin, 4 oz. – 29 grams
- Ham, 3 oz. – 19 grams
- Ground pork, 1 oz. raw – 5 grams; 3 oz. cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice – 5 or 6 grams

Eggs and Dairy

- Egg, large – 6 grams protein
- Milk, 1 cup – 8 grams
- Cottage cheese, ½ cup – 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz.
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz.
- Hard cheeses (Parmesan) – 10 grams per oz.

Beans (including soy)

- Tofu, ½ cup – 20 grams protein
- Tofu, 1 oz. – 2.3 grams
- Soy milk, 1 cup – 6-10 grams
- Most beans (black, pinto, lentils, etc) – 7-10 grams protein per half cup of cooked beans
- Soy beans, ½ cup cooked – 14 grams protein
- Split peas, ½ cup cooked – 8 grams

Nuts and Seeds

- Peanut butter, 2 Tablespoons – 8 grams protein
- Almonds, ¼ cup – 8 grams
- Peanuts, ¼ cup – 9 grams
- Cashews, ¼ cup – 5 grams
- Pecans, ¼ cup – 2.5 grams
- Sunflower seeds, ¼ cup – 6 grams
- Pumpkin seeds, ¼ cup – 8 grams
- Flax seeds, ¼ cup – 8 grams

