

A High – Protein Foods List

Sorted From High to Low Values, per 100g

Why would you possibly need to know what the protein content of certain foods is?

Well, I can think of a few reasons☺. This is what I have found out so far:

- ❶ Protein is important for building muscle mass. If you want to recover successfully after fitness training, protein needs to be about 30% of your calorie intake per day, or 2 – 2.5g per kg body weight.
- ❷ (Gets even better☺) Protein supports weight loss. It is highly satiating and it has a high thermic effect. This means that our metabolism increases by 20-30% when digesting protein. So, you will need about 40% of your calorie intake per day to come from protein, or 3 – 3.5g per kg body weight.
- ❸ Protein increases endurance and energy, and it facilitates better sleep. It also boosts mental performance (however, I would also recommend Omega-3 for that).



The amount of protein in each food listed below is an average. Protein content of foods may vary slightly depending on manufacturer. Please always check the description on the food nutrition labels for more accurate information.

* Also keep in mind that protein in plant foods usually doesn't contain all eight essential amino acids.

** Soya contains all eight essential amino acids, but it also contains lots of phytoestrogens, which isn't that great healthwise.



Food	Calories per 100g	Protein	Carbs	Fat
Cheese, parmesan, skimmed	370	40	40	5
Bacon	541	37	0	41.78
Soya beans, raw	446	36.49	30.16	19.94
Cheese, parmesan	392	35.75	3.22	25.83
Hemp seeds	533	33	20	46.67
Beef steak, sirloin	168	31.63	0	4.8
Chicken, skinless breast, roasted	173	30.91	0	4.51
Rabbit, cooked, stewed	206	30.38	0	8.41
Veal, cooked	231	30.1	0	11.39
Tuna, roasted	184	29.91	0	6.28
Turkey, skinless white meat, roasted	157	29.9	0	3.22
Pumpkin seeds, peeled, roasted	574	29.84	14.71	49.05
Octopus, cooked (stewed)	164	29.82	4.4	2.08
Turkey, thigh, skinless meat, roast	159	29.19	0	3.77
Rabbit, cooked, baked	197	29.06	0	8.05
Pork, shank, raw	175	28.69	0	5.83
Salmon, cooked (stewed)	184	27.36	0	7.5
Cheese	386	27	2	30
Trout, roast	190	26.63	0	8.47
Ground Beef (95% Lean / 5% Fat), cooked	171	26.29	0	6.55
Pork, shank, roast	232	25.96	0	13.42
Mozzarella Cheese	302	25.96	3.83	20.03
Lentils, raw	353	25.8	60.08	1.06
Pork, neck chops, roast	259	25.58	0	16.61
Mussels, stewed	140	25.55	5.13	1.95
Lamb, cooked	271	25.51	0	18.01
Tuna, canned, in its own sauce, without salt	116	25.51	0	0.82
Salmon, Atlantic, roasted	182	25.44	0	8.13
Mustard, seeds	498	24.94	34.94	28.76
Cheddar cheese	403	24.9	1.28	33.14
Perch, roasted	117	24.86	0	1.18
Mullet, roasted	150	24.81	0	4.86
Caviar, black and red	264	24.6	4	17.9
Pike, roasted	119	24.54	0	1.56

Food	Calories per 100g	Protein	Carbs	Fat
Zander fish, roast	172	24.47	0	7.51
Chicken, thigh, skinless meat, roast	174	24.22	0	7.8
Peanut butter	589	24.06	21.57	49.94
Beef, minced meat, 70% lean (cooked)	241	23.87	0	15.37
Mackerel, roasted	262	23.85	0	17.81
Mussels, raw	137	23.84	7.76	0.4
Turkey, skinless breast, raw	115	23.56	0	1.56
Duck, skinless, roasted	201	23.48	0	11.2
Beans, white, raw	333	23.36	60.27	0.85
Chicken, skinless breast, raw	114	23.2	0	1.65
Beef, steak, tender, raw	117	23.07	0	2.69
Herring, roasted	203	23.03	0	11.59
Carp, roast	162	22.86	0	7.17
Cod, roast	105	22.83	0	0.86
Shrimp, cooked (stewed)	119	22.78	1.52	1.7
Beans, black, raw	341	21.6	62.36	1.42
Greek style cheese, goat	364	21.58	2.54	29.84
Roquefort cheese	353	21.4	2.34	28.74
Almonds, raw	575	21.22	21.67	49.42
Beef, minced meat, 95% lean (raw)	121	21.1	0.21	4
Almonds, roasted	595	21.06	21.2	52.05
Almond butter	614	20.96	18.82	55.5
Pistachio, roasted	564	20.95	28.66	44.82
Sardines, canned in tomato sauce	185	20.86	0.54	10.45
Brie Cheese	334	20.75	0.45	27.68
Turbot, roast	122	20.58	0	3.78
Turkey, thigh, skinless meat, raw	108	20.35	0	2.37
Pistachio, raw	562	20.27	27.51	45.39
Rabbit, raw	136	20.05	0	5.55
Beans, red, raw	329	19.87	62.9	0.53
Salmon, Atlantic, raw	142	19.84	0	6.34
Veal, raw	144	19.35	0	6.77
Chickpea, raw	364	19.3	60.65	6.04
Chicken, thigh, skinless meat, raw	120	19.16	0	4.22
Pumpkin seeds, unpeeled, roasted	446	18.55	53.75	19.4

Food	Calories per 100g	Protein	Carbs	Fat
Flaxseed, raw	534	18.29	28.88	42.16
Cashew nuts, raw	553	18.22	30.19	43.85
Wels catfish, breaded and fried	229	18.09	8.04	13.33
Quark	79	18	2	0
Cabbage Savoy, cooked, boiled	24	18	5.41	0.09
Squid cooked	170	17.94	7.79	7.48
Pork, neck chops, raw	186	17.42	0	12.36
Oat bran, raw	246	17.3	66.22	7.03
Sesame tahini	595	17	21.2	53.76
Sesame seeds, roasted	567	16.96	26.04	48
Lobster, cooked (stewed)	82	16.77	0	1.2
Soya beans, cooked	173	16.64	9.93	8.97
Egg yolk, raw	322	15.86	3.59	26.54
Cashew nuts, roasted	574	15.31	32.69	46.35
Hazelnuts, roasted	646	15.03	17.6	62.4
Walnuts, raw	654	15	14	65
Hazelnuts, raw	628	14.95	16.7	60.75
Pork, minced meat, 70% lean (raw)	314	14.87	0.66	28
Beef, minced meat, 70% lean (raw)	332	14.35	0	30
Feta cheese	264	14.21	4.09	21.28
Quinoa, raw	368	14.12	64.16	6
Tomatoes, sun dried	258	14.11	55.76	2.97
Bread, multigrain, whole grain	265	13.36	43.34	4.23
Buckwheat, raw	343	13.25	71.5	3.4
Wheat flour, wholemeal	340	13.21	71.97	2.5
Oatmeal, Raw	362	13	59.9	7.8
Egg, whole, boiled	155	12.58	1.12	10.61
Egg, whole, raw	143	12.56	0.72	9.51
Oysters, cooked (stewed)	102	11.42	5.45	3.42
Cottage cheese	98	11.12	3.38	4.3
Skyr	60	11	3.5	0.2
Egg, egg white, raw	52	10.9	0.73	0.17
Millet, raw	355	10.5	71.6	2.9
Rye, raw	338	10.34	75.86	1.63
Beans, white, cooked	139	9.73	25.09	0.35
Lentils, cooked	116	9.02	20.13	0.38
Wheat flour, plain	367	8.89	77.32	1.43

Food	Calories per 100g	Protein	Carbs	Fat
Beans, black, cooked	132	8.86	23.71	0.54
Bread, bulgur	260	8.7	49.5	3.9
Bread, rye	250	8.7	47.5	3.1
Macadamia nuts, desiccated, raw	718	7.91	13.82	75.77
Macadamia nuts, roasted	716	7.79	12.83	76.08
Beans, red, cooked	128	7.52	24.77	0.1
Rice, brown, raw	348	7.5	75.2	1.9
Bread, plain wheat	276	7.5	56.8	2.1
Bread, corn	330	6.59	54.46	9.58
Rice, white, raw	358	6.5	79.15	0.52
Cream cheese	342	5.93	4.07	34.24
Pasta, cooked	158	5.8	30.86	0.93
Spaghetti, cooked	158	5.8	30.86	0.93
Yoghurt, skimmed, 0.1%	56	5.73	7.68	0.18
Peas, raw	81	5.42	14.46	0.4
Pasta, wholemeal, cooked	124	5.33	26.54	0.54
Spaghetti, wholemeal, cooked	124	5.33	26.54	0.54
Coconut, desiccated	592	5.3	44.4	47
Yoghurt, low fat, 2%	63	5.25	7.04	1.55
Yoghurt, 3.6%	61	3.47	4.66	3.25
Corn, boiled	96	3.41	20.98	1.5
Brussels sprouts, raw	43	3.38	8.95	0.3
Milk, low fat, 1%	42	3.37	4.99	0.97
Milk, skimmed, 0.1%	34	3.37	4.96	0.08
Coconut, raw	354	3.33	15.23	33.49
Milk, 2%	50	3.3	4.8	1.98
Mushrooms, white, raw	22	3	3.26	0.34
Cream, low fat	135	2.94	4.26	12

High Protein Foods List compiled by:

www.nadyacherrie.fun

