High-Protein Foods

Protein per 100 g, per serving and per 100 calories

Fresh weight is cooked weight throughout, because that is what lands on the plate. All 39 foods below carry at least 3 g of protein per 100 calories, ranked by protein per 100 g. Figures are rounded from USDA FoodData Central.

Food	Serving	Protein /serving	Per 100 g	Per 100 kcal
Whey protein isolate (powder)	1 scoop (30 g)	**24 g**	80 g	21.1 g
Parmesan, grated	2 tbsp (10 g)	**4 g**	36 g	9.2 g
Hemp seeds	3 tbsp (30 g)	**10 g**	32 g	5.8 g
Chicken breast, roasted	3 oz (85 g)	**26 g**	31 g	18.8 g
Pumpkin seeds	1 oz (28 g)	**8 g**	30 g	5.4 g
Turkey breast, roasted	3 oz (85 g)	**25 g**	29 g	19.7 g
Sirloin steak, cooked	3 oz (85 g)	**25 g**	29 g	14.1 g
Ground turkey, 93% lean	4 oz patty (113 g)	**31 g**	27 g	15.3 g
Chicken thigh, roasted	3 oz (85 g)	**22 g**	26 g	12.4 g
Ground beef, 90% lean	4 oz (113 g)	**29 g**	26 g	12.0 g
Pork tenderloin, roasted	3 oz (85 g)	**22 g**	26 g	18.2 g
Tilapia, baked	4 oz (113 g)	**29 g**	26 g	20.3 g
Salmon, Atlantic, baked	4 oz (113 g)	**28 g**	25 g	12.1 g
Sardines, canned, drained	1 tin (92 g)	**23 g**	25 g	12.0 g
Cheddar	1 oz (28 g)	**7 g**	25 g	6.2 g
Peanut butter	2 tbsp (32 g)	**8 g**	25 g	4.3 g
Shrimp, cooked	3 oz (85 g)	**20 g**	24 g	24.2 g
Mozzarella, part-skim	1 oz (28 g)	**6 g**	24 g	9.4 g
Cod, baked	4 oz (113 g)	**26 g**	23 g	21.9 g
Ham, lean, roasted	3 oz (85 g)	**18 g**	21 g	14.5 g
Almonds	1 oz (28 g)	**6 g**	21 g	3.6 g
Tuna, canned in water	1 can (113 g drained)	**22 g**	20 g	17.2 g
Canned salmon, drained	Half a can (85 g)	**17 g**	20 g	12.0 g
Tempeh	1/2 cup (83 g)	**17 g**	20 g	10.3 g
Chia seeds	2 tbsp (24 g)	**4 g**	17 g	3.5 g
Egg, whole, hard-boiled	1 large (50 g)	**6 g**	13 g	9.1 g
Oats, dry	1/2 cup (40 g)	**5 g**	13 g	3.3 g
Cottage cheese, 2%	1/2 cup (113 g)	**12 g**	11 g	13.1 g
Skyr, plain	3/4 cup (170 g)	**19 g**	11 g	17.5 g
Egg whites, cooked	3 large whites (100 g)	**11 g**	11 g	21.2 g
Edamame, shelled, cooked	1 cup (155 g)	**17 g**	11 g	9.1 g
Greek yogurt, nonfat	3/4 cup (170 g)	**17 g**	10 g	16.9 g
Tofu, extra-firm	1/4 block (99 g)	**10 g**	10 g	10.2 g
Lentils, cooked	1 cup (198 g)	**18 g**	9 g	7.8 g
Black beans, cooked	1/2 cup (86 g)	**8 g**	9 g	6.8 g
Chickpeas, cooked	1/2 cup (82 g)	**7 g**	9 g	5.5 g
Whole-wheat pasta	2 oz dry (about 170 g cooked)	**13 g**	7.5 g	6.0 g
Quinoa, cooked	1 cup (185 g)	**8 g**	4.4 g	3.7 g
Milk, 1%	1 cup (244 g)	**8 g**	3.4 g	8.1 g

What 30 g of protein looks like

Portions, not recipes, all built from the table on page 1. Calories are estimates and move with brands, oils and sides.

Meal	What goes on the plate	Protein	Calories
Breakfast, eggs	2 large eggs, 1/2 cup cottage cheese, 1 slice whole-wheat toast	**29 g**	about 320
Breakfast, no eggs	3/4 cup Greek yogurt, 3 tbsp hemp seeds, 1/2 cup dry oats, cooked	**32 g**	about 420
Lunch, cooked	100 g cooked chicken breast, 1/2 cup rice, 1 cup broccoli	**35 g**	about 350
Lunch, no cooking	1 can tuna, 1/2 cup cottage cheese, 2 slices whole-wheat bread	**42 g**	about 385
Dinner	120 g cooked salmon, 1/2 cup quinoa, asparagus	**36 g**	about 385
Dinner, plant	1 cup lentils, 1/4 block tofu, 1/2 cup edamame	**36 g**	about 420
Snack	3/4 cup skyr, 1 oz pumpkin seeds	**28 g**	about 265

Raw versus cooked

Protein does not disappear when you cook: water does. A 4 oz (113 g) raw chicken breast holds about 25 g of protein; roasted, it weighs about 3 oz (85 g) and still holds those 25 g. The same 113 g weighed cooked holds 35 g.

What you weigh	Chicken breast	Ground beef or turkey	Fish fillet
4 oz (113 g) raw	25 g protein	23 g protein	24 g protein
4 oz (113 g) cooked	35 g protein	29 g protein	28 g protein

How to use the chart

- To hit a daily target, pick two or three foods from the top of the per-100-calorie column and build meals around 25 to 30 g of protein each.
- On a smaller appetite, stay with the top ten: shrimp, cod, egg whites, whey isolate, tilapia, turkey breast, chicken breast, pork tenderloin, skyr and canned tuna.
- Judge a food by the serving you actually eat. Parmesan leads the per-100-g column and gives 4 g in a realistic two-tablespoon serving.
- Weigh one way consistently. A recipe written in raw weight and a label written in cooked weight will disagree by 20 to 30 percent.

Free tools on the site

A-Z Recipe Lab adjust a recipe to your portions and watch calories and protein recalculate.
a-to-z-fitness.com/recipe-lab/

Protein calculator your daily target in grams, from your weight, goal and training.
a-to-z-fitness.com/protein-calculator-for-weight-loss/

Protein Freeze Lab build a Ninja Creami pint and see its protein and calories first.
a-to-z-fitness.com/protein-freeze-lab/

Values rounded from USDA FoodData Central records for the food as eaten, cooked where noted, without added fat or salt. Protein per 100 calories is grams of protein divided by calories per 100 g. General information, not medical advice. Full article with sources: a-to-z-fitness.com/high-protein-foods-protein-chart/