

List of High Protein Foods



BEANS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Black beans	1/2 cup cooked	113	7.6	20.4	.5
Garbanzo (chickpeas)	1/2 cup cooked	113	7.3	22.5	2.1
Kidney beans	1/2 cup cooked	112	7.6	20.1	.4
Lentil beans	1/2 cup cooked	115	8.9	19.9	.4
Lima beans	1/2 cup cooked	108	7.3	20.1	.4
Navy beans	1/2 cup cooked	129	7.9	24.0	.5
Soybeans (edamame)	1/2 cup cooked	127	11.1	10.0	5.8
Tofu	1/2 cup fresh	94	10.0	2.3	5.9



DAIRY

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Cheddar cheese	1 ounce	114	7.1	.4	9.4
Cottage cheese	1/2 cup	110	14.0	3.1	5.0
Cottage cheese (lowfat)	1/2 cup	90	16.0	3.0	1.0
Egg	1 large	75	6.3	0	5.0
Milk, lowfat	1 cup	121	8.1	11.7	4.7
Milk, skim	1 cup	86	8.4	11.8	.4
Muenster cheese	1 ounce	104	6.7	.3	8.5
Swiss cheese	1 ounce	107	8.1	1.0	7.8
Yogurt, lowfat	1 ounce	144	11.9	16.0	3.5
Yogurt, nonfat	1 ounce	127	13.0	17.4	.4



FISH

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Anchovies, in water	1 ounce	37	5.8	0	1.4
Halibut	3 ounces	93	17.7	0	2.0
Mackerel	3 ounces	180	15.8	0	11.8
Salmon	3 ounces	121	16.9	0	5.4
Sardines, in water	1 can	130	22.0	0	5.0
Tuna, tongol	1/4 cup	70	16.0	0	0



GRAINS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Oatmeal, rough cut	1 cup	145	6.0	25.2	2.4
Pancake, buckwheat	1 4" diameter	54	1.8	6.4	2.2
Pancake, whole wheat	1 4" diameter	74	3.4	8.8	3.2
Popcorn, dry	1 cup	54	1.8	10.7	.7
Rice, brown, cooked	1/2 cup	108	2.4	22.8	.8
Rye bread	1 slice	56	2.1	12.0	.3
Whole wheat bread	1 slice	56	2.4	11.0	.7



POULTRY

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Chicken breast	4 ounces	193	29.3	0	7.6
Chicken, light meat, no skin	4 ounces	196	35.1	0	5.1
Chicken, dark meat, no skin	4 ounces	232	31.0	0	5.1
Turkey, light meat, no skin	4 ounces	178	33.9	0	3.7
Turkey, dark meat, no skin	4 ounces	212	32.4	0	8.2

This list of high protein foods is designed for optimum nutrition and good health. You'll notice that, although the fat count is included, there's no listing for saturated fat. This is because the high protein foods listed below are low in saturated fat.

For example, there's no red meat on this list of high protein foods. The reason is simple. Red meat is generally high in saturated fat and has also been shown to increase inflammation, which can cause pain, suffering and numerous health problems.