

The Top 10 Foods Highest in Protein

50g (grams) = 100% DV for Protein

01

Lean Chicken

- A 6oz chicken breast (skinless, boneless) 109% DV (54.5g)
- 1 chicken thigh (33% DV)
- 1 chicken drumstick (24%)
- 3oz of lean ground turkey has (53%)



02

Pork Chops

- A 6oz pork chop provides 105% DV (54.5g)
- 3oz of lean ground pork (54%)
- 3oz of sirloin roast (53%)
- 3oz of ham (50%)



03

Fish (Tuna, Salmon, Trout)

Protein per 6oz fillet (~170g):

- Tuna (102% DV) • Salmon (94%)
- Tilapia (90%) • Trout (90%)
- Snapper (90%) • Mackerel (88%)
- Pollock (84%) • Mahimahi (80%)
- Swordfish (80%) • Cod (78%)



04

Lean Beef Steak

- A 6oz skirt steak provides 100% DV
- A 13oz (368g) T-bone steak (209%)
- 1oz of beef jerky (19%)
- 3oz of lamb stew meat (57%)



05

Firm Tofu

- 1 cup of firm tofu (87% DV)
- Medium soft tofu provides 40% DV per cup
- Soft tofu provides 36% DV per cup
- 1 cup of tempeh provides 67% DV



06

Beans and Lentils

Protein per cup cooked (~180g):

- Lentils (36%) • Whitebeans (35%)
- Split Peas (33%) • Pinto Beans (31%)
- Kidney Beans (30%) • Black Beans (30%)
- Navy Beans (30%) • Chickpeas (29%)



07

Yogurt and Milk

- 1 cup yogurt (245g) provides 28% DV protein
- Low-Fat Milk and Unsweetened Soymilk provide 30% DV per 16-oz glass.



08

Cheese

Cheese High in Protein (%DV per oz):

- Non-fat Cheddar (18%) • Romano (18%)
- Parmesan (16%) • Swiss (15%)
- Mozzarella (15%) • Provolone (15%)
- Gouda (14%)



09

Nuts and Seeds

Nuts High in Protein (%DV per 1oz handful):

- Squash Seeds (17%) • Peanuts (14%)
- Almonds (12%) • Pistachios (12%)
- Sunflower Seeds (11%) • Flax (10%)
- Chia (9%) • Cashews (9%)



10

Eggs

- 1 large egg provides 13% DV
- 1 egg white provides 7% DV
- 1 cup of hard boiled eggs provides 34% DV



Sight Words List Protein Breakfast Compare

RJ Shavelson



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