

Protein Content of Common Foods

| Protein Source | Serving Size Grams | Serving Size Ounces | Protein Grams per Serving | Calories Per Serving | Digestibility Score |
|---------------------------|--------------------|---------------------|---------------------------|----------------------|---------------------|
| Whey Protein Powder | 30.4 | 120 | 24 | 120 | 1.00 |
| Eggs | 11 | 70 | 5 | 70 | 1.00 |
| Hemp Seeds | 30 | 180 | 10 | 180 | 0.50 |
| Beef Jerky | 32 | 100 | 10 | 100 | 1.00 |
| Bacon | 17 | 80 | 5 | 80 | 1.00 |
| Sunflower Seeds | 30 | 190 | 8 | 190 | 0.50 |
| Peanuts | 28 | 170 | 7 | 170 | 0.61 |
| Cheese (Cheddar) | 28 | 110 | 7 | 110 | 1.00 |
| Tuna (canned) | 85 | 100 | 21 | 100 | 1.00 |
| Salmon | 85 | 130 | 20 | 130 | 1.00 |
| Venison | 113 | 140 | 25 | 140 | 1.00 |
| Almonds | 28 | 170 | 6 | 170 | 0.45 |
| Chicken Breast | 112 | 110 | 24 | 110 | 1.00 |
| Peanut Butter | 33 | 190 | 7 | 190 | 0.50 |
| Pork Chop | 85 | 392 | 18 | 392 | 1.00 |
| Halibut | 198 | 198 | 41 | 198 | 1.00 |
| Bison | 112 | 190 | 23 | 190 | 1.00 |
| Tilapia | 113 | 110 | 23 | 110 | 1.00 |
| Tempeh | 50 | 90 | 10 | 90 | 1.00 |
| Sirloin Steak | 112 | 220 | 22 | 220 | 1.00 |
| Chicken Thihs | 112 | 130 | 22 | 130 | 1.00 |
| Shrimp | 113 | 110 | 22 | 110 | 1.00 |
| Ham | 84 | 90 | 16 | 90 | 1.00 |
| Turkey Sausage | 58 | 90 | 11 | 90 | 0.90 |
| Ribeye Steak | 112 | 280 | 21 | 280 | 1.00 |
| Ground Beef (85% lean) | 112 | 240 | 21 | 240 | 1.00 |
| Mackerel | 60 | 220 | 11 | 220 | 1.00 |
| Turkey Breast | 55 | 60 | 10 | 60 | 1.00 |
| Cashews | 28 | 170 | 5 | 170 | 0.50 |
| Lamb | 112 | 240 | 20 | 240 | 1.00 |
| Sardines | 56 | 120 | 10 | 120 | 0.70 |
| Chia Seeds | 30 | 150 | 5 | 150 | 0.50 |
| Duck | 85 | 472 | 14 | 472 | 1.00 |
| Quinoa (cooked) | 45 | 170 | 6 | 170 | 0.70 |
| Whole Milk Cottage Cheese | 110 | 110 | 14 | 110 | 1.00 |
| 1% Fat Cottage Cheese | 113 | 90 | 13 | 90 | 1.00 |
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| 2% Fat Cottage Cheese | 113 | 90 | 13 | 90 | 1.00 |
| Edamame (cooked) | 100 | 140 | 11 | 140 | 0.82 |
| Egg Whites | 46 | 25 | 5 | 25 | |
| 2% Fat Greek Yogurt | 170 | 120 | 17 | 120 | 1.00 |
| Non Fat Greek Yourt | 170 | 100 | 17 | 100 | 1.00 |
| Cod | 113 | 90 | 11 | 90 | 1.00 |
| Tofu | 84 | 70 | 8 | 70 | 0.85 |
| Whole Milk Greek Yogur | 170 | 160 | 16 | 160 | 1.00 |
| Chickpeas (cooked) | 130 | 110 | 8 | 110 | 0.68 |
| Kidney Beans (cooked) | 130 | 110 | 7 | 110 | 0.68 |
| Black Beans (cooked) | 130 | 110 | 7 | 110 | 0.68 |
| Lentils (cooked) | 130 | 90 | 7 | 90 | 0.90 |
| 1% Milk | 240 | 100 | 9 | 100 | 1.00 |
| Whole Milk | 240 | 150 | 8 | 150 | 1.00 |
| 2% Milk | 240 | 130 | 8 | 130 | 1.00 |
| Skim Milk | 240 | 90 | 8 | 90 | 1.00 |
| 5% Fat Greek Yogurt | 170 | 160 | 5 | 160 | 1.00 |
| Soy Milk | 240 | 70 | 7 | 70 | 1.00 |
| Cashew Milk | 240 | 130 | 4 | 130 | 0.80 |
| Oat Milk | 240 | 140 | 2 | 140 | 0.50 |
| Almond Milk | 240 | 40 | 1 | 40 | 0.40 |
| Collagen | 20 | 0.8 | 18 | 70 | 1.00 |
| Flax Seeds | 30 | 1.1 | 6 | 170 | 1.00 |
| Basil Seeds | 30 | 1.1 | 5 | 130 | 1.00 |
| Chia Seeds | 30 | 1.1 | 5 | 150 | 1.00 |