

Foods High in Protein

Food	Serving Size	Calories	Protein (grams)
Sirloin Steak	2 oz	115	17
Porterhouse Steak	2 oz	123	16
Chicken Drumstick	2 oz	110	14
Chicken Thigh	2 oz	110	12
Lean Ground Beef	2 oz	145	15
Pork	1 oz	105	8
Salmon	2 oz	100	14
Eggs	1	75	6
Sardines	2 oz	120	11
Peanuts	1 oz	90	4
Sunflower Seeds	1 oz	140	6
Almonds	1 oz	170	6
Non Fat Cottage Cheese	6 oz	120	22
Whole Milk	8 oz	150	8
Low Fat Cottage Cheese	4 oz	100	16
Non Fat Yogurt	8 oz	120	13
Skim Milk	8 oz	90	9
Low Fat Swiss Cheese	1 oz	90	8
Tofu	4 oz	94	10
Lentils	4 oz	115	9
Soy Milk	8 oz	130	10
Peas	6 oz	85	6
Black Beans	4 oz	113	8
Pinto Beans	4 oz	117	7