

PROTEIN CONTENT OF SELECTED FOODS

(DIS-TANZ DIARY #25: THE POWER OF PROTEIN / MICHAEL-LOEHR.COM)



MEAT, POULTRY, EGGS

FOOD	PROTEIN (g)	CALORIES (ckal)
Bacon	34	468
Beef jerky	33	410
Chicken breast	30	148
Turkey breast	30	147
Bison (steak)	29	177
Beef (steak)	26	278
Beef (filet)	26	274
Pork chops	26	209
Pork loin	26	192
Duck breast	25	202
Ham	22	139
Eggs	13	143

FOOD	PROTEIN (g)	CALORIES (ckal)
Anchovies	29	210
Trout (raw)	27	190
Tuna (grilled)	27	174
Tuna (canned)	24	128
Tuna (raw)	24	109
Mackerel (raw)	24	262
Shrimps	23	119
Salmon (grilled)	22	206
Salmon (raw)	20	208
Salmon (smoked)	18	117
Crab	18	83
Squid	16	92



FISH, SEAFOOD



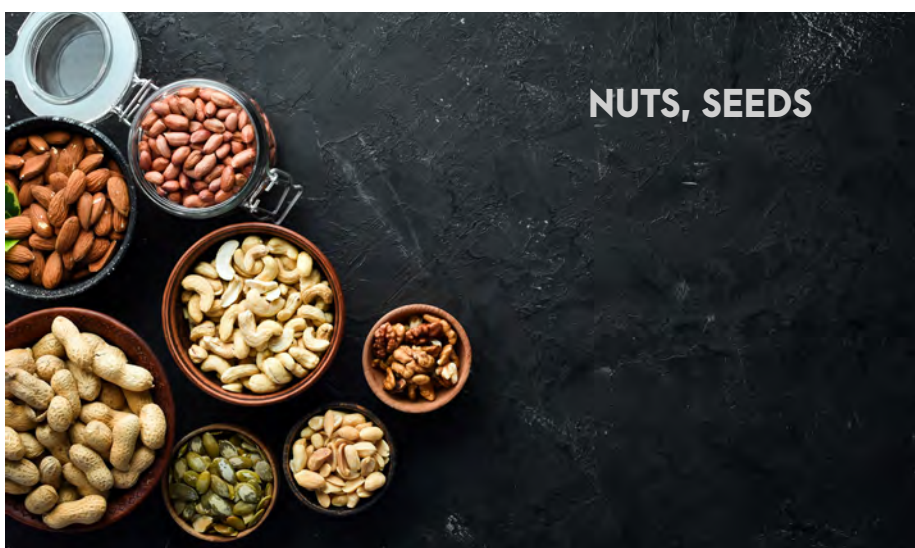
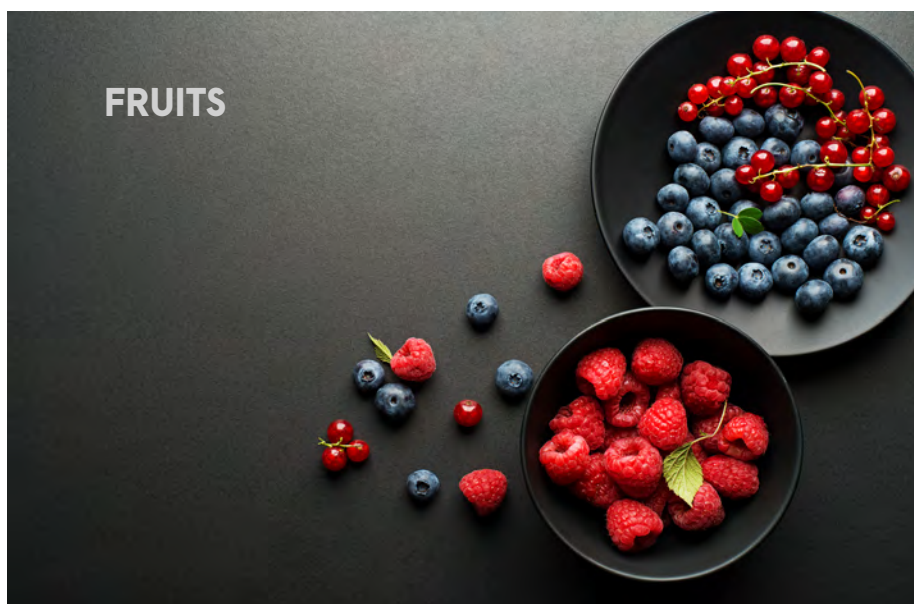
DAIRY PRODUCTS

FOOD	PROTEIN (g)	CALORIES (ckal)
Parmesan	28	420
Cheddar	23	404
Mozzarella	19	241
Feta	14	264
Ricotta	11	138
Cottage cheese	11	98
Greek yogurt	10	59
Natural yogurt	5,3	63
Kefir	4,5	45
Milk	3,5	51
Sour cream	2,4	198



FOOD	PROTEIN (g)	CALORIES (ckal)
Edamame	12	121
White beans	9,7	139
Pinto beans	9	143
Lentils	9	116
Chickpeas	8,9	164
Fava beans	7,6	110
Green peas	5,4	84
Spinach	3	23
Artichokes	2,9	53
Brussels sprouts	2,6	36
Potatoes	2,5	93
Broccoli	2,4	35
Mushrooms	2,2	28
Kale	1,9	28
Cucumber	0,7	15

FOOD	PROTEIN (g)	CALORIES (ckal)
Goji berries	14	349
Dried Apricot	3,4	241
Dried Fig	3,3	249
Raisins	3,1	299
Guava	2,6	68
Passion fruit	2,2	97
Avocado	2	160
Jackfruit	1,7	95
Pomegranate	1,7	83
Dried cherries	1,3	333
Banana	1,1	89
Kiwi	1,1	61
Orange	0,9	49
Cantaloupe melon	0,8	34
Blueberries	0,7	57



FOOD	PROTEIN (g)	CALORIES (ckal)
Hemp seeds	32	553
Peanuts	24	587
Almonds	21	598
Pistachios	21	569
Sunflower seeds	19	546
Pumpkin seeds	19	446
Flax seeds	18	534
Poppy seeds	18	525
Sesame seeds	17	565
Chia seeds	17	486
Walnuts	15	654