



The 10 Best Foods Highest in Protein

50g of Protein = 100% of the Daily Value (%DV)

1 Lean Chicken Breast



109% DV (54.5g) protein
in a 6oz breast
64% DV (32.1g)
per 100 grams

2 Lean Pork Chops



105% DV (52.7g) protein
in a 6oz chop
62% DV (31g)
per 100 grams

3 Tuna



102% DV (50.8g) protein
in a 6oz fillet
60% DV (29.9g)
per 100 grams

4 Beef (Skirt Steak)



97% DV (48.7g) protein
per 6oz steak
57% DV (28.7g)
per 100 grams

5 Firm Tofu



87% DV (43.5g) protein
per cup
35% DV (17.3g)
per 100 grams

6 Lentils



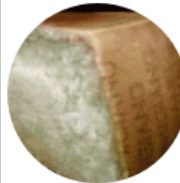
36% DV (17.9g) protein
per cup
18% DV (9g)
per 100 grams

7 Low-Fat Yogurt



28% DV (14g) protein
per cup
11% DV (5.7g)
per 100 grams

8 Grated Parmesan



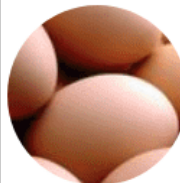
20% DV (10.2g) protein
per oz
72% DV (35.8g)
per 100 grams

9 Seeds (Squash and Pumpkin Seeds)



17% DV (8.5g) protein
per 1oz handful
60% DV (29.8g)
per 100 grams

10 Eggs



13% DV (6.3g) protein
in 1 large egg
25% DV (12.6g)
per 100 grams