

The Top 98 Protein Rich Foods In Decending Order

PROTEIN RICH FOODS IN DECENDING ORDER

| FOODS | Meas. | Wt. | Cals. | Prot | Sat fat | Unsat | Chol. | Tot fat | Carbs | Fiber | Water |
|------------------------------|---------|-----|-------|-------------|---------|-------|-------|---------|-------|-------|-------|
| RDA for 100 lb. ADULT | | | 1000 | 30 | 13 | 27 | 200 | 40 | 185 | 3 | |
| RDA for 150 lb. ADULT | | | 1500 | 44 | 20 | 40 | 300 | 60 | 277 | 4 | |
| RDA for 200 lb. ADULT | | | 2000 | 59 | 27 | 53 | 400 | 80 | 369 | 5 | |
| Unit | | Gm. | Cal. | Gm. | Gm. | Gm. | Mg. | Gm. | Gm. | Gm. | Gm. |
| Soybeans, dry roasted | 1 Cup | 172 | 774 | 68 | 5.5 | 21 | 0 | 33 | 56 | | 1.5 |
| Peanut Butter, defatted | 25 T | 100 | 325 | 52.5 | 0 | | 0 | 0 | 25 | | 7.5 |
| Defatted soy flour | 1 Cup | 100 | 327 | 51.5 | 0.1 | 0.5 | 0 | 1 | 34 | | 7.5 |
| Low fat soy flour | 1 Cup | 88 | 326 | 45 | 1 | 3.5 | 0 | 6 | 30 | | 2.5 |
| Grated parmesan | 20 T | 100 | 460 | 40 | 20 | 10 | 80 | 30 | 0 | 0 | 18 |
| Garbanzos dry | 1 Cup | 200 | 720 | 39 | 1.5 | 8.5 | 0 | 9.5 | 12 | 8 | 23 |
| Parmesan cheese | 3.5 oz. | 100 | 389 | 35 | 16.5 | 8 | 67 | 26 | 3.5 | 0 | 29 |
| Rabbit | 3.5 oz. | 100 | 171 | 33 | 1 | 1.5 | 122 | 3.5 | 0 | 0 | 62 |
| Light w/o skin fried Chick. | 3.5 oz. | 100 | 192 | 33 | 1.5 | 1.5 | 90 | 5.5 | 0 | 0 | 60 |
| Wheat germ toasted | 1 Cup | 112 | 432 | 33 | 2 | 9 | | 12 | 60 | 3.5 | 6.5 |
| Romano cheese | 3.5 oz. | 100 | 385 | 32 | | | 102 | 27 | 3.5 | 0 | 32 |
| light w/o skin roasted C. | 3.5 oz. | 100 | 173 | 32 | 1.5 | 1 | 85 | 4.5 | 0 | 0 | 65 |
| Fatted soy flour | 1 Cup | 85 | 368 | 32 | 2.5 | 10 | 0 | 17.5 | 27 | | 4.5 |
| 2% low fat cottage | 1 cup | 226 | 203 | 31 | 3 | 1.5 | 19 | 4.5 | 8 | 0 | 179 |
| Chuck roast | 3.5 oz. | 100 | 256 | 31 | 5.5 | 7 | 106 | 14.5 | 0 | 0 | 55 |
| Light w/skin fried Chick. | 3.5 oz | 100 | 246 | 30.5 | 3.5 | 2.5 | 87 | 12 | 2 | | 54.5 |
| Gruyere cheese | 3.5 oz. | 100 | 410 | 30 | 19 | 12 | 109 | 32 | 0 | 0 | 33 |
| Flounder baked | 3.5 oz. | 100 | 202 | 30 | | | | 8 | 0 | 0 | 58 |
| Tuna water packed | 3.5 oz. | 100 | 131 | 30 | 0.1 | 0.25 | | 0.5 | 0 | 0 | 71 |
| Tuna baked | 3.5 oz. | 100 | 185 | 30 | 1.5 | 4 | 49 | 6 | 0 | 0 | 59 |
| Venison | 3.5 oz. | 100 | 158 | 30 | 1 | 1.5 | 112 | 3 | 0 | 0 | 65.5 |
| light w/o skin roasted Turk. | 3.5 oz. | 100 | 157 | 30 | 1 | 1 | 69 | 3 | 0 | 0 | 66.5 |
| Peanut Butter, creamy | 6 T | 100 | 589 | 29 | 9 | 40 | 0 | 51 | 19 | 3.5 | 1 |
| anchovy in oil | 25 | 100 | 210 | 29 | 2 | 2.5 | | 9.5 | 0 | | 50 |
| Tuna packed in oil | 3.5 oz. | 100 | 199 | 29 | 1.5 | 6 | 17.5 | 8 | 0 | 0 | 60 |
| Beef heart | 3.5 oz. | 100 | 174 | 29 | 2 | 2.5 | 193 | 5.5 | 0 | 0 | 64 |
| Capon roasted w/skin Ch. | 3.5 oz | 100 | 229 | 29 | 3.5 | 2.5 | 86 | 11.5 | 0 | 0 | 58.5 |
| drk w/ out skin fried Chick. | 3.5 oz. | 100 | 239 | 29 | 3 | 3 | 96 | 11.5 | 3 | | 55.5 |
| light with skin roasted C. | 3.5 oz. | 100 | 222 | 29 | 3 | 2.5 | 84 | 11 | 0 | 0 | 60.5 |
| W / O skin roasted Goose | 3.5 oz. | 100 | 238 | 29 | 4.5 | 1.5 | 96 | 12.5 | 0 | 0 | 57 |
| Swiss cheese | 3.5 oz. | 100 | 375 | 28.5 | 17.5 | 8 | 91 | 27.5 | 3.5 | 0 | 36 |
| Dark w/o skin roasted Turk | 3.5 oz. | 100 | 187 | 28.5 | 2.5 | 2 | 85 | 7 | 0 | 0 | 63 |
| Light with skin roasted Turk | 3.5 oz. | 100 | 197 | 28.5 | 2.5 | 2 | 76 | 8.5 | 0 | 0 | 63 |
| Defatted peanut flour | 1 Cup | 60 | 223 | 28.5 | 1 | 4 | | 5.5 | 19 | 2.5 | 0.3 |
| Soybeans cooked | 1 Cup | 172 | 298 | 28.5 | 2 | 12 | 0 | 15.5 | 17 | 3.5 | 108 |
| Skimmed ricotta | 1 cup | 246 | 340 | 28 | 12 | 6.5 | 76 | 19.5 | 13 | 0 | 185 |
| Lamb leg or flank | 3.5 oz. | 100 | 187 | 28 | 0.5 | 3.5 | 87 | 6.5 | 0 | 0 | 53 |
| Ricotta cheese | 1 cup | 246 | 428 | 27.5 | 20.5 | 10 | 124 | 32 | 7 | 0 | 178 |
| drk w/ out skin roasted C. | 3.5 oz. | 100 | 205 | 27.5 | 2.5 | 2.5 | 93 | 9.5 | 0 | 0 | 63 |
| Whole w/o skin stewed C. | 3.5 oz. | 100 | 177 | 27.5 | 2 | 1.5 | 83 | 6.5 | 0 | 0 | 67 |

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| RDA for 200 lb. ADULT | | | 2000 | 59 | 27 | 53 | 400 | 80 | 369 | 5 | |
| Unit | | Gm. | Cal. | Gm. | Gm. | Gm. | Mg. | Gm. | Gm. | Gm. | Gm. |
| Dark with skin roasted | 3.5 oz. | 100 | 221 | 27.5 | 3.5 | 3 | 89 | 11.5 | 0 | 0 | 60 |
| Peanuts, oil roasted | 3.5 oz | 100 | 564 | 27 | 63 | 40 | 0 | 48 | 18 | 2.5 | 2 |
| Peanuts, Spanish, oil rstd. | 3.5 oz | 100 | 567 | 27 | 7.5 | 16.5 | 0 | 48 | 18 | | 2 |
| Halibut baked | 3.5 oz. | 100 | 140 | 27 | 0.5 | 2 | 41 | 3 | 0 | 0 | 72 |
| Salmon poached | 3.5 oz. | 100 | 175 | 27 | 1 | 2 | 42 | 6.5 | 0 | 0 | 5.5 |
| Sockeye salmon baked | 3.5 oz. | 100 | 215 | 27 | 1.5 | 9 | 102 | 13 | 0 | 0 | 73 |
| Whitefish in oil | 3.5 oz. | 100 | 186 | 27 | | | 31 | 8 | 0 | | 64 |
| Pancreas | 3.5 oz.. | 100 | 271 | 27 | | | | 17 | 0 | 0 | 56 |
| drk w skin fried Chicken | 3.5 oz. | 100 | 285 | 27 | 4.5 | 4 | 92 | 17 | 4 | | 51 |
| Dumstick w/ skin fried C. | 2 med | 100 | 215 | 27 | 3 | 2.5 | 92 | 11 | 0 | 0 | 63 |
| Chicken gizzards sim. | 3.5 oz. | 100 | 153 | 27 | 1 | 1 | 194 | 3.5 | 1 | 0 | 67.5 |
| Pork rump roasted | 3.5 oz. | 100 | 274 | 26.5 | 6.5 | 2 | 95 | 18 | 0 | 0 | 55 |
| Chicken hearts sim. | 3.5 oz. | 100 | 185 | 26.5 | 2.5 | 2.5 | 242 | 8 | 0 | 0 | 65 |
| Turkey gibblets sim. | 3.5 oz. | 100 | 167 | 26.5 | 1.5 | 1 | 418 | 5 | 2 | 0 | 65.5 |
| Creamed cottage cheese | 1 cup | 210 | 217 | 26 | 6 | 3 | 31 | 9.5 | 6 | 0 | 165 |
| Provolone cheese | 3.5 oz. | 100 | 350 | 26 | 17 | 8 | 70 | 26.5 | 3.5 | 0 | 41 |
| Clams steamed | 3.5 Oz. | 100 | 148 | 26 | 0.25 | 0.5 | 67 | 2 | 5 | 0 | 64 |
| Snapper baked | 3.5 oz. | 100 | 128 | 26 | 0.5 | 1 | 47 | 2 | 0 | 0 | 71 |
| Rainbow trout baked | 3.5 oz. | 100 | 152 | 26 | 0.8 | 1.5 | 73 | 4.5 | 0 | 0 | 64 |
| Sweetbreads | 3.5 oz. | 100 | 320 | 26 | | | | 23 | 0 | | 49 |
| T- bone steak | 3.5 oz. | 100 | 298 | 26 | 9 | 9.5 | 82 | 21 | 0 | 0 | 53 |
| drk w/skin roasted Chick | 3.5 oz. | 100 | 253 | 26 | 4.5 | 3.5 | 91 | 16 | 0 | 0 | 58.5 |
| Chicken gibblets sim. | 3.5 oz. | 100 | 157 | 26 | 1.5 | 1 | 293 | 5 | 1 | 0 | 67.5 |
| Kidneys | 3.5 oz. | 100 | 144 | 25.5 | 1 | 1.5 | 387 | 3.5 | 1 | 0 | 69 |
| Tender loin | 3.5 oz. | 100 | 273 | 25.5 | 7 | 8 | 86 | 18 | 0 | 0 | 55 |
| Pumpkin / Squash | 3.5 oz | 100 | 539 | 25 | 9 | 49 | 0 | 46 | 18 | 2 | 7 |
| Tavern Nuts | 3.5 oz | 100 | 595 | 25 | 7 | 14 | | 52.5 | 21 | | |
| Cheddar cheese | 3.5 oz. | 100 | 399 | 25 | 21 | 10 | 105 | 33 | 0 | 0 | 36.5 |
| Dry cottage | 1 cup | 145 | 123 | 25 | 0.5 | 0.2 | 10 | 0.8 | 3 | 0 | 116 |
| Edam cheese | 3.5 oz. | 100 | 355 | 25 | 17.5 | 9 | 88 | 27.5 | 0 | 0 | 41.5 |
| Gouda | 3.5 oz. | 100 | 354 | 25 | 17.5 | 8.5 | 112 | 27.5 | 3.5 | 0 | 41.5 |
| Grouper broiled | 3.5 oz | 100 | 117.7 | 25 | 0.5 | 0.5 | 47 | 2 | 0 | | 73 |
| Perch baked | 3.5 oz. | 100 | 117 | 25 | 0.25 | 0.5 | 115 | 2 | 0 | 0 | 109 |
| Pike baked | 3.5 oz. | 100 | 113 | 25 | 0.1 | 0.5 | 51 | 1 | 0 | 0 | 73 |
| Sardines in oil | 8 reg. | 100 | 209 | 25 | 1.5 | 9 | 142 | 11.5 | 0 | 0 | 60 |
| Swordfish baked | 3.5 oz. | 100 | 155 | 25 | 1.5 | 2 | 51 | 5 | 0 | 0 | 69 |
| Lean grnd beef broiled | 3.5 oz. | 100 | 272 | 25 | 7.5 | 0.5 | 87 | 18.5 | 0 | 0 | 56 |
| Lean ground beef | 3.5 oz. | 100 | 264 | 25 | 7.5 | 9 | 88 | 18.5 | 0 | 0 | 56 |
| Lamb shoulder | 3.5 oz. | 100 | 279 | 25 | 8 | 9.5 | 97 | 19.5 | 0 | 0 | 55 |
| Roasted leg of pork | 3.5 oz. | 100 | 294 | 25 | 7.5 | 2.5 | 93 | 20.5 | 0 | 0 | 52.5 |
| Liver | 3.5 oz. | 100 | 162 | 24.5 | 2 | 1.5 | 390 | 5 | 3.5 | 0 | 66 |

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| Whole with skin stewed C | 3.5 oz. | 100 | 219 | 24.5 | 3.5 | 2.5 | 78 | 12.5 | 0 | 0 | 64 |
| Chicken liver simmered | 3.5 oz. | 100 | 157 | 24.5 | 2 | 1 | 631 | 5.5 | 1 | 0 | 68.5 |
| Peanut Butter, chunky | 6 T | 100 | 583 | 24 | 9.5 | 14.5 | 0 | 50 | 22 | 3 | 1.5 |
| Pine Nuts | 3.5 oz | 100 | 511 | 24 | 7.5 | 41 | 0 | 50 | 14 | 1 | 6.5 |
| Walnuts, black, dried | 3.5 oz | 100 | 602 | 24 | 3.5 | 50 | 0 | 56.5 | 11 | 6.5 | 4 |
| Monterey Jack | 3.5 oz. | 100 | 371 | 24 | | | | 30 | 0 | 0 | 21 |
| Moazzrella part skimmed | 3.5 oz. | 100 | 252 | 24 | 10 | 5 | 56 | 16 | 3.5 | 0 | 54 |
| Crayfish | 3.5 oz. | 100 | 114 | 24 | 0.25 | 0.5 | 178 | 1.5 | 0 | 0 | 75 |
| Eel baked | 3.5 oz. | 100 | 235 | 24 | 3 | 10.5 | 161 | 15 | 0 | 0 | 59 |
| Flatfish baked | 3.5 oz. | 100 | 117 | 24 | 0.5 | 0.5 | 68 | 1.5 | 0 | 0 | 73 |
| Haddock baked | 3.5 oz. | 100 | 112 | 24 | 0.1 | 0.5 | 74 | 1 | 0 | 0 | 111 |
| Mackeral baked | 3.5 oz. | 100 | 262 | 24 | 4 | 11 | 75 | 18 | 0 | 0 | 53 |
| Mussels baked | 3.5 oz. | 100 | 173 | 24 | 0.8 | 2 | 57 | 4.5 | 7 | 0 | 61 |
| Ocean perched baked | 3.5 oz. | 100 | 121 | 24 | 0.5 | 1.5 | 54 | 2 | 0 | 0 | 73 |
| Ground beef baked | 3.5 oz. | 100 | 268 | 24 | 7 | 0.5 | 78 | 18.5 | 0 | 0 | 57 |