List of High-Protein Foods and Amount of Protein in Each

Foods High in Protein

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**Beef**

* Hamburger patty, 4 oz – 28 grams protein
* Steak, 6 oz – 42 grams
* Most cuts of beef – 7 grams of protein per ounce

**Chicken**

* Chicken breast, 3.5 oz - 30 grams protein
* Chicken thigh – 10 grams (for average size)
* Drumstick – 11 grams
* Wing – 6 grams
* Chicken meat, cooked, 4 oz – 35 grams

**Fish**

* Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
* Tuna, 6 oz can - 40 grams of protein

**Pork**

* Pork chop, average - 22 grams protein
* Pork loin or tenderloin, 4 oz – 29 grams
* Ham, 3 oz serving – 19 grams
* Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
* Bacon, 1 slice – 3 grams
* Canadian-style bacon (back bacon), slice – 5 – 6 grams

**Eggs and Dairy**

* Egg, large - 6 grams protein
* Milk, 1 cup - 8 grams
* Cottage cheese, ½ cup - 15 grams
* Yogurt, 1 cup – usually 8-12 grams, check label
* Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
* Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
* Hard cheeses (Parmesan) – 10 grams per oz

**Beans (including soy)**

* Tofu, ½ cup 20 grams protein
* Tofu, 1 oz, 2.3 grams
* Soy milk, 1 cup - 6 -10 grams
* Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
* Soy beans, ½ cup cooked – 14 grams protein
* Split peas, ½ cup cooked – 8 grams

**Nuts and Seeds**

* Peanut butter, 2 Tablespoons - 8 grams protein
* Almonds, ¼ cup – 8 grams
* Peanuts, ¼ cup – 9 grams
* Cashews, ¼ cup – 5 grams
* Pecans, ¼ cup – 2.5 grams
* Sunflower seeds, ¼ cup – 6 grams
* Pumpkin seeds, ¼ cup – 8 grams
* Flax seeds – ¼ cup – 8 grams