

Foods highest in

Protein

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

100 g

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Soy protein isolate	24%	331	1.0	30	Catfish	18%	316	3.4	95
Seaweed, spirulina	23%	596	13.6	385	Cured Ham	17%	-5	3.3	94
Tuna, canned in water	22%	473	3.0	86	Sprouted alfalfa seeds	17%	496	15.3	435
Northern pike	22%	365	4.0	114	Hot dogs, fat free	17%	8	4.8	137
Ling	22%	361	4.1	115	Clams	17%	1591	4.8	135
Dolphinfish	22%	377	4.1	118	Cottage cheese, 1% fat	17%	227	4.9	139
Cod fish	22%	343	3.4	95	Beef, top sirloin lean	17%	289	2.7	76
Haddock	22%	365	3.1	89	Swordfish	16%	388	2.9	83
Orange roughy	22%	380	4.6	132	Fresh tuna	16%	509	1.9	54
Perch	21%	380	3.9	110	Beef tip round, lean, choice	16%	295	2.7	77
Pollock	21%	441	3.8	109	Bluefish	16%	421	2.8	81
Grouper	21%	360	3.8	109	Chicken, dark meat	16%	249	2.8	80
Egg white	21%	327	6.8	192	Turkey, dark meat	16%	270	2.8	80
Watercress	21%	2843	32.1	909	Gelatin desserts, dry mix	16%	108	1.0	29
Lobster	21%	417	3.9	111	Pork liver	16%	1241	2.6	75
Crab	21%	590	4.1	115	Lean beef, chuck	16%	278	2.5	72
Flounder	21%	386	3.9	110	Anchovies	16%	450	2.7	76
Farm-raised crayfish	21%	383	4.9	139	Pork chops, lean boneless	15%	288	2.5	71
Turkey, light meat	20%	317	3.1	87	Beef round, 1/4" fat	15%	242	1.8	52
Chicken, light meat	20%	315	3.1	88	Trout	15%	370	2.4	67
Wheat gluten	20%	56	1.0	27	Beef liver	15%	1808	2.6	74
Whiting	20%	377	3.0	86	Ham	15%	297	2.6	74
Polar bear meat	20%	106	2.7	77	Lean pork	15%	291	2.5	70
Shrimp	19%	382	3.3	94	Mackerel, canned	15%	458	2.3	64
Deer meat	19%	364	2.9	83	Tuna, canned in oil	15%	279	1.8	51
Wild rabbit	19%	236	3.1	88	Veggie Dog	15%	17	2.6	75
Scallops	19%	316	4.0	114	Sprouted kidney beans, cooked	15%	545	10.7	303
Monkfish	19%	334	4.6	132	Chicken, liver	15%	983	3.0	86
Halibut	19%	389	3.2	91	Sprouted kidney beans	14%	610	12.2	345
Chicken gizzards	19%	100	3.8	106	Broccoli raab	14%	1267	16.0	455
Striped bass	18%	436	3.6	103	Chicken broth, condensed	14%	74	11.4	323
Tilefish	18%	396	3.7	104	Veal liver	14%	2093	2.5	71
Balsam-pear (bitter gourd)	18%	1072	11.8	333	Pink salmon, canned	14%	548	2.5	72

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White mushrooms	14%	629	16.0	455	Fortified skim milk	10%	263	8.6	244
Salmon	14%	452	1.9	55	Bamboo shoots	10%	393	13.1	370
Mussels	14%	777	4.1	116	Portabella mushrooms	10%	593	13.6	385
Canadian bacon	14%	-8	2.9	82	Tempeh	10%	186	1.8	52
Swamp cabbage	14%	1506	18.6	526	Mozzarella cheese, skim	10%	136	1.4	39
Turkey leg, meat and skin	14%	224	2.4	69	Turkey wings	9%	143	1.7	48
Beef, round, lean	14%	218	1.5	44	Swiss chard	9%	2849	18.6	526
Chicken Broth 1% fat	14%	17	88.2	2500	Oyster mushrooms	9%	429	10.1	286
Pheasant	13%	73	1.4	40	Basil	9%	1751	13.1	370
Top loin pork roast	13%	207	1.6	44	Coriander (cilantro) leaves	9%	1762	15.3	435
Chicken broth w sodium	13%	116	22.0	625	Italian (Crimini) mushrooms	9%	606	13.1	370
Spinach	12%	2601	15.3	435	Sprouted navy beans	9%	360	5.3	149
Caribou liver	12%	568	2.9	82	Parmesan cheese	9%	124	0.9	26
Coffee, brewed	12%	1132	352.7	10000	Atlantic mackerel	9%	450	1.7	49
Tofu, firm	12%	277	5.0	143	Green leaf lettuce	9%	1957	23.5	667
Beef broth,from cube	12%	-584	117.6	3333	Sprouted navy beans, cooked	9%	320	4.5	128
Chinese cabbage (bok choy)	12%	1749	27.1	769	Parmesan cheese, grated	9%	118	0.8	23
Pork skins	11%	66	0.6	18	Sprouted radish seeds	9%	355	8.2	233
Spinach, canned	11%	1280	18.6	526	Soybeans, green	9%	239	2.4	68
Dove, Squab	11%	114	1.6	46	Asparagus	9%	586	14.1	400
Chives	11%	1205	11.8	333	Egg, whole	9%	123	2.5	70
Tofu, extra firm	11%	261	3.9	110	Toasted Wheat Bran	9%	819	1.8	50
Soyburger	11%	171	1.8	52	Soybeans	9%	264	0.8	24
Sprouted soybeans	11%	271	2.9	82	Sprouted lentils, cooked	9%	222	3.5	99
Quail	11%	101	1.5	43	Beef, ground,15% fat	9%	138	1.6	47
Broccoli stalks	11%	764	12.6	357	Soy milk	9%	274	6.8	192
Sprouted soybeans, cooked	10%	296	4.4	123	Shad	9%	327	1.8	51
Mustard greens	10%	2403	13.6	385	Sprouted pinto beans	8%	334	5.7	161
Boston lettuce	10%	1299	27.1	769	Sprouted pinto beans, cooked	8%	299	16.0	455
Oysters	10%	2266	5.2	147	Sprouted lentils	8%	231	3.3	94
Arugula	10%	825	14.1	400	Red leaf lettuce	8%	1603	22.0	625
Capers, canned	10%	-147	15.3	435	Broccoli	8%	748	10.4	294
Yogurt, fat free	10%	213	6.3	179	Ricotta cheese, skim	8%	139	2.6	72
Sprouted mung beans	10%	395	11.8	333	Parsley	8%	2925	9.8	278
Beet greens	10%	1964	16.0	455	Romano cheese	8%	108	0.9	26
Non-fat dry milk w vit A	10%	218	1.0	28	Collards	8%	1611	11.8	333
Lambquarters, raw	10%	1219	8.2	233	Garden cress	8%	1639	11.0	313
Sprouted mung beans, cooked	10%	397	16.8	476	Purslane	8%	855	22.0	625

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Parsley, dried	8%	903	1.3	36	Chicken liver, canned	7%	261	1.8	50
Hard-boiled egg	8%	98	2.3	65	Peas	7%	285	4.4	123
Beef jerky	8%	37	0.9	24	Podded peas	7%	492	8.4	238
Dill weed	8%	1166	8.2	233	Kale	7%	1747	7.1	200
Milk 1% with vitamin A	8%	206	8.4	238	Milk 2% with vitamin A	7%	162	7.1	200
Cauliflower	8%	566	14.1	400	Monterey cheese	7%	87	0.9	27
Dill weed, dried	8%	458	1.4	40	Yellow mustard	7%	298	5.3	149
Brussels sprouts	8%	692	8.2	233	Bacon, cooked	7%	95	0.6	18
Coriander leaf, dried	8%	913	1.3	36	Ricotta cheese	6%	94	2.0	57
Ramen Oodles of Noodles	8%	-201	70.5	2000	Okra	6%	671	11.4	323
Taragon, dried	8%	434	1.2	34	Great northern beans	6%	218	1.0	29
Fava beans	8%	218	1.0	29	Wheat germ, crude	6%	416	1.0	28
Toasted wheat germ	8%	521	0.9	26	Iceberg lettuce	6%	410	25.2	714
Zucchini	8%	553	22.0	625	Chicken rice soup w/veg	6%	-6	9.0	256
Summer squash	8%	546	22.0	625	Yellow beans	6%	211	1.0	29
Spearmint, fresh	7%	838	8.0	227	Muenster cheese	6%	84	1.0	27
Chicken vegetable soup	7%	125	5.1	145	Tofu, fried	6%	155	1.3	37
Chicory greens	7%	1726	15.3	435	Black beans	6%	198	1.0	29
Endive	7%	1482	20.7	588	Frankfurter, turkey	6%	71	1.6	44
Lentils	7%	229	1.0	28	Pumpkin/squash seeds	6%	187	0.7	19
Provolone cheese	7%	100	1.0	28	Kohlrabi	6%	510	13.1	370
Romaine lettuce	7%	1566	20.7	588	White beans	6%	214	1.0	30
Split peas	7%	192	1.0	29	Brie cheese	6%	81	1.1	30
Wheat bran, crude	7%	677	1.6	46	New England clam chowder	6%	276	5.0	143
Sprouted peas, cooked	7%	160	3.6	102	Cheddar cheese	6%	80	0.9	25
Swiss cheese	7%	125	0.9	26	Pinto beans	6%	206	1.0	29
Kidney beans	7%	217	1.1	30	Limburger cheese	6%	91	1.1	31
Oat bran	7%	330	1.4	41	Pink beans	6%	206	1.0	29
Tofu	7%	98	3.0	86	Blue cheese	6%	78	1.0	28
Gouda cheese	7%	97	1.0	28	Lima beans	6%	252	3.1	88
Spearmint, dried	7%	762	1.2	35	Adzuki beans	6%	216	1.1	30
Artichokes	7%	293	7.5	213	Colby cheese	6%	79	0.9	25
Whole duck egg	7%	83	1.9	54	Grape leaves	6%	998	3.8	108
Mung beans	7%	218	1.0	29	Dandelion greens	6%	849	7.8	222
Sprouted peas	7%	180	2.8	78	Lemons, with peel	6%	716	17.6	500
Cranberry beans	7%	224	1.1	30	Coffee, instant, decaf	6%	351	176.4	5000
Goat cheese	7%	93	0.8	22	Caraway seeds	6%	254	1.1	30
Seaweed, wakame	7%	562	7.8	222	Kellogg's Special K	6%	529	0.9	26

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American cheese	6%	64	0.9	27					
All-Bran with fiber	6%	1098	1.8	52					
Miso	6%	54	1.8	50					
Green beans	6%	393	11.4	323					
Roquefort cheese	6%	71	1.0	27					
Enoki mushrooms	6%	270	8.0	227					
Navy beans	6%	218	1.0	29					
Dried basil	6%	866	1.4	40					
Link sausage, smoked	6%	82	0.9	26					
Yogurt, plain, whole milk	6%	104	5.8	164					
Cocoa, dry powder	6%	212	1.2	33					
Italian pork sausage	6%	79	1.0	29					
Sheep milk	6%	110	3.3	93					
Thyme, fresh	6%	695	3.5	99					
Sun-dried tomatoes	5%	211	1.4	39					
Feta cheese	5%	85	1.3	38					
Cheese Spread, Velveeta	5%	-12	1.2	33					
Whole milk 3.25% fat	5%	123	5.9	167					
Peppermint, fresh	5%	556	5.0	143					
Corned beef hash	5%	64	2.2	61					
Mustard seed	5%	222	0.8	21					
Chickpeas (garbanzo)	5%	194	1.0	27					
Tomato paste	5%	243	4.3	122					
Whole-wheat bread	5%	147	1.4	40					
Dill seed	5%	250	1.2	33					
Anise seed	5%	222	1.0	30					
Smart Start Soy Protein	5%	541	1.0	27					
Goat milk	5%	97	5.1	145					
Crushed tomatoes, canned	5%	310	11.0	313					
Cabbage	5%	497	14.1	400					
Paprika	5%	763	1.2	35					
Watermelon seeds, dried	5%	120	0.6	18					
Evaporated milk	5%	83	2.6	75					
Garlic powder	5%	141	1.1	30					
All-Bran Original	5%	1025	1.4	38					
Frankfurter, chicken	5%	55	1.4	39					
Cheese lasagna	5%	137	2.7	77					