

Protein in the diet

The table below shows the protein content of common foods in the diet

Table 1: Protein content of some common foods found in the diet

Food type		Protein content (g) per 100g
Animal protein		
Meat	Chicken breast (grilled, without skin)	32.0
	Pork chop (lean, grilled)	31.6
	Beef steak (lean, grilled)	31.0
	Lamb chop (lean, grilled)	29.2
Fish	Tuna (canned in brine)	24.9
	Salmon (grilled)	24.6
	Cod (baked)	23.9
	Mackerel (grilled)	20.3
Seafood	Crab (canned in brine)	18.1
	Mussels (cooked)	17.7
	Prawns (cooked)	15.4
Eggs	Chicken egg (whole, boiled)	14.1
Dairy	Whole milk	3.4
	Semi-skimmed milk	3.5
	Skimmed milk	3.5
	Cheddar cheese	25.4
	Reduced-fat cheddar	27.9
	Cottage cheese	9.4
	Plain Greek-style yogurt	5.7
	Plain low-fat yogurt	4.8
Plant protein		Protein content (g) per 100g
Pulses	Red lentils (boiled)	7.6
	Chickpeas (canned)	7.2
Beans	Tofu (steamed)	8.1
	Kidney beans (canned)	6.9
	Baked beans	5.0
Grains	Wheat flour (brown)	12.2
	Rice (easy cook, boiled)	10.9
	Bread (brown)	7.9
	Bread (white)	7.9
	Pasta (dried cooked)	4.8
	Porridge oats	3.0
Nuts	Almonds	21.1
	Walnuts	14.7
	Hazelnuts	14.1