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Protein is essential for muscle growth, repair, immune function, and hormone production. It is found in both animal-based and plant-based foods, making it accessible to various diets.

Top 15 Animal-Based Sources of Protein

Animal Product	Protein (g per 100g)
Chicken Breast (Cooked)	31 g
Turkey (Cooked, Breast)	29 g
Beef (Lean, Cooked)	26 g
Pork (Cooked, Lean Cuts)	25 g
Salmon (Cooked)	25 g
Tuna (Cooked)	29 g
Shrimp (Cooked)	24 g
Eggs (Boiled, Whole)	13 g
Egg Whites (Raw)	11 g
Lamb (Cooked)	25 g
Milk (Whole, 1 cup)	8 g
Yogurt (Plain, Greek)	10 g
Cottage Cheese (Low Fat)	11 g

Animal Product	Protein (g per 100g)
Cheddar Cheese	25 g
Sardines (Canned in Oil)	24 g

Top 15 Plant-Based Sources of Protein

Plant Source	Protein (g per 100g)
Lentils (Cooked)	9 g
Chickpeas (Cooked)	8.9 g
Black Beans (Cooked)	8.9 g
Kidney Beans (Cooked)	8.7 g
Tofu (Firm, Cooked)	17 g
Tempeh (Cooked)	19 g
Edamame (Cooked)	11 g
Quinoa (Cooked)	4 g
Oats (Cooked)	2.5 g
Pumpkin Seeds (Roasted)	19 g
Almonds (Roasted)	21 g
Chia Seeds	17 g
Peanuts (Roasted)	26 g
Sunflower Seeds	20 g
Spinach (Cooked)	5 g

Protein-Rich Grains and Fortified Foods

Grain/Food	Protein (g per 100g)
Whole Wheat Bread	9 g
Brown Rice (Cooked)	2.6 g
Barley (Cooked)	3.1 g
Quinoa (Cooked)	4.1 g
Oats (Dry)	13 g

Grain/Food	Protein (g per 100g)
Fortified Breakfast Cereal	6 – 8 g

Nuts, Seeds, and Legumes

Food	Protein (g per 100g)
Pistachios (Roasted)	20 g
Cashews (Roasted)	18 g
Walnuts	15 g
Hazelnuts	15 g
Chickpeas (Cooked)	8.9 g
Lentils (Cooked)	9 g
Green Peas (Cooked)	5 g

Fruits with Notable Protein Content

Fruit	Protein (g per 100g)
Guava	2.6 g
Avocado	2 g
Blackberries	2 g
Bananas	1.1 g
Oranges	0.9 g
Kiwi	1.1 g
Raspberries	1.5 g

Recommended Daily Protein Intake

- Men (19+ years): 56 g/day
- Women (19+ years): 46 g/day
- Athletes/Active Individuals: 1.2 – 2.0 g/kg of body weight
- Pregnant/Breastfeeding Women: 71 g/day

Health Benefits of Protein

- Muscle Growth and Repair – Essential for building and repairing muscle tissue.
- Weight Management – Increases satiety and helps with fat loss.
- Immune Support – Strengthens immune function by aiding in antibody production.
- Hormone and Enzyme Production – Supports the synthesis of hormones and enzymes.
- Bone Health – Helps maintain bone density and strength.

Tips to Increase Protein Intake

1. Include Protein in Every Meal – Combine animal and plant-based sources.
2. Snack on Nuts and Seeds – High in protein and healthy fats.
3. Incorporate Legumes – Add lentils, beans, and chickpeas to meals.
4. Eat Eggs for Breakfast – A quick and easy source of complete protein.
5. Use Greek Yogurt – Higher in protein than regular yogurt.
6. Choose Lean Meats – Chicken, turkey, and fish are excellent low-fat sources.
7. Add Protein Powders – Use whey, pea, or soy protein in smoothies.

Did You Know?

- Animal-based proteins are complete, providing all essential amino acids.
- Plant-based proteins can be combined (e.g., rice and beans) to form complete proteins.
- Quinoa and soy are two plant-based complete proteins.