

Professional Protein Nutrition Handbook

Top 50 Protein-Rich Foods (per 100 g)

This handbook provides a practical reference for high-protein foods from vegetarian, dairy, seafood, meat, and supplemental sources. Values are approximate and intended for educational use.

Rank	Food	Category	Protein (g)	Calories
1	Whey Protein Isolate	Supplement	90	370
2	Soy Protein Isolate	Veg	88	360
3	Spirulina	Veg	57	290
4	Soya Chunks	Veg	52	345
5	Soybeans (Dry)	Veg	36	446
6	Milk Powder (Skim)	Dairy	36	360
7	Hemp Seeds	Veg	32	553
8	Chicken Breast	Non■Veg	31	165
9	Pumpkin Seeds	Veg	30	559
10	Turkey Breast	Non■Veg	29	135
11	Tuna	Non■Veg	29	132
12	Lean Beef	Non■Veg	27	250
13	Peanuts	Veg	26	567
14	Sardines	Non■Veg	25	208
15	Cheddar Cheese	Dairy	25	403
16	Masoor Dal	Veg	25	352
17	Urad Dal	Veg	25	341
18	Seitan	Veg	25	143
19	Prawns	Non■Veg	24	99
20	Moong Dal	Veg	24	347
21	Kidney Beans	Veg	24	333
22	Cowpeas	Veg	24	336
23	Paneer	Dairy	23	265
24	Toor Dal	Veg	22	343
25	Salmon	Non■Veg	22	208
26	Almonds	Veg	21	579
27	Sunflower Seeds	Veg	21	584
28	Black Beans	Veg	21	341
29	Chana Dal	Veg	21	364
30	Bengal Gram	Veg	20	364

31	Tempeh	Veg	20	193
32	Pistachios	Veg	20	560
33	Crab	Non■Veg	19	97
34	Mackerel	Non■Veg	19	205
35	Flax Seeds	Veg	18	534
36	Rohu Fish	Non■Veg	17	97
37	Chia Seeds	Veg	17	486
38	Oats	Veg	17	389
39	Quinoa	Veg	14	368
40	Amaranth	Veg	14	371
41	Whole Egg	Non■Veg	13	143
42	Buckwheat	Veg	13	343
43	Edamame	Veg	11	121
44	Cottage Cheese	Dairy	11	98
45	Egg White	Non■Veg	11	52
46	Greek Yogurt	Dairy	10	59
47	Tofu	Veg	8	76
48	Green Peas	Veg	5.4	81
49	Mushrooms	Veg	3.1	22
50	Broccoli	Veg	2.8	34

Daily Protein Requirements

- Sedentary adults: ~0.8 g protein per kg body weight
- Active adults: 1.2–1.6 g/kg
- Muscle gain: 1.6–2.2 g/kg
- Older adults: 1.0–1.2 g/kg

Sample South Indian High-Protein Day (~100–120 g)

Breakfast: Moong dal chilla + Greek yogurt (25 g)

Lunch: Rice + sambar + paneer + curd (30 g)

Snack: Roasted peanuts + milk (15 g)

Dinner: Fish/chicken curry with vegetables (35–45 g)

Best Budget Protein Sources

Moong dal, chana dal, soya chunks, eggs, peanuts, curd, milk, paneer, sardines, rohu fish, and chickpeas offer excellent protein at a relatively low cost.

Key Tips

- Include protein in every meal.
- Combine legumes and grains for improved amino acid balance.
- Prioritize whole foods and adequate hydration.
- Spread protein intake across the day rather than consuming it all at once.