

# 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		
<b>Meat</b>	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
<b>Fish</b>	Tuna (canned in brine)	24.9
	Salmon (grilled)	24.6
	Cod (baked)	23.9
	Mackerel (grilled)	20.3
<b>Seafood</b>	Crab (canned in brine)	18.1
	Mussels (cooked)	17.7
	Prawns (cooked)	15.4
<b>Eggs</b>	Chicken egg (whole, boiled)	14.1
<b>Dairy</b>	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
<b>Pulses</b>	Red lentils (boiled)	7.6
	Chickpeas (canned)	7.2
<b>Beans</b>	Tofu (steamed)	8.1
	Kidney beans (canned)	6.9
	Baked beans	5.0
<b>Grains</b>	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
<b>Nuts</b>	Almonds	21.1
	Walnuts	14.7
	Hazelnuts	14.1