



Nella Foulds
—●—
Consultant Nutritionist

High Protein Foods List

The following foods are great sources of protein to include in a balanced, healthy diet. All foods are based on uncooked/dry weights and are ordered from highest to lowest protein content per portion.

Food	Amount	Protein
Steak	200g	40g
Large chicken breast	150g	35g
Lean beef mince (5% fat)	150g	32g
Prawns	200g	28g
Tuna, tinned	120g	28g
Biltong/beef jerky	70g	25g
Whey protein	30g scoop	25g
Salmon fillet	1 medium fillet	25g
Cottage cheese	175g	18g
Medium eggs	3	18g
Skimmed milk	1 pint	20g
Greek strained yogurt, 0% fat	170g	15g