

PROTEIN CONTENT PER FOOD ITEM



Animal proteins	Proteins per 100g
Dried meat	40g
Tuna in brine	26g
Shrimps	25g
Anchovies in olive oil	24g
Sardines in brine	23g
Smoked trout	23g
Meat (beef, veal, chicken, pork, etc.)	22-25g
Fish	20-23g
Smoked salmon	20-22g
Eggs	6-7g per egg



Legumes	Proteins per 100g
Lupin	15-16g
Soybeans (cooked)	14g
Edamame (cooked)	12g
Puy lentils (cooked)	11g
Red beans (cooked)	8-9g
Split peas (cooked)	8-9g
Fava beans (cooked)	8g
Chickpeas (cooked)	7-8g
White beans (cooked)	7-8g
Red lentils (cooked)	6-9g
Green peas (cooked)	5g



Dairy products	Proteins per 100g
Parmesan cheese	36g
Gruyère	26.4g
Mozzarella	19.5g
Cottage cheese	11-12g
Ricotta	11g
Skyr	10-11g
Plain Greek yogurt	10g
Low-fat quark	9.7g
Cream cheese	8-10g
Petit-suisse	8g
Plain yogurt	3.9g
Milk kefir	3-4g
Whole cow's milk	3,3g
Skim milk	3.2g



Soy-based products	Proteins per 100g
Dehydrated textured soy protein	50g
Rehydrated textured soy protein	15-18g
Tempeh	18g
Miso paste	10-12g
Firm tofu	12g
Silken tofu	5-7g
Soy milk	3g

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Whole grains	Proteins per 100g
Dried spelt	14.5g
Oats	13g
Dried buckwheat	13g
Dried rye	10g
Whole-grain bread with seeds	8-12g
Dried brown rice	7g
Bulgur (cooked)	5.2g
Quinoa (cooked)	4-5g
Oats (cooked)	4-5g
Millet (cooked)	3-4g
Buckwheat (cooked)	3-4g
Corn (boiled)	3-4g
Brown rice (cooked)	3g
Barley (cooked)	3g



Oilseeds	Proteins per 100g
Hemp seeds	32g
Pumpkin seeds	25-30g
Peanuts	25-26g
Natural peanut butter	23g
Almonds	21g
Almond butter	21g
Sunflower seeds	20g
Flaxseeds	18g
Sesame seeds	18g
Cashews	18g
Pistachios	18g
Chia seeds	16-17g
Walnuts	15g
Pecans	9g

Other plant-based foods	Protein per 100g
Dried spirulina	57g
Nutritional yeast	45-50g
Nori seaweed	36g
Seitan	25g
Cocoa powder	23-27g
Sesame seed paste	18.5g
Almond milk	2g

In general, it is recommended to consume, unless otherwise indicated:

1,2 g à 2 g of protein per kg of body weight per day

Ideally spread throughout the day. Examples:

- 60 kg → 90 to 120 g/day
- 70 kg → 105 to 140 g/day
- 80 kg → 120 to 160 g/day