

Top 10 Healthy Protein Foods

The 10 healthiest protein foods, from fish and eggs to tofu and lentils, with the evidence, serving sizes, and cautions on mercury, allergies, and kidneys.

1 Salmon

Protein, EPA/DHA, vitamin D

Serving: 3-4 oz cooked, twice weekly
Protein plus omega-3s and vitamin D.

2 Sardines

Protein, calcium, omega-3s

Serving: 3 oz canned
Calcium-rich, low-mercury canned fish.

3 Eggs

Protein, choline, B12

Serving: 1-2 eggs
Complete protein with choline and B12.

4 Greek Yogurt

Protein, calcium, probiotics

Serving: 3/4 cup
Dairy protein with live cultures.

5 Lentils

Protein, fiber, folate, iron

Serving: 1/2 cup cooked (9 g protein)
Plant protein with fiber and iron.

6 Tofu and Tempeh

Protein, calcium (if calcium-set), isoflavones

Serving: 3-4 oz
Complete plant protein from soy.

7 Chicken and Turkey (Skinless)

Protein, niacin, B6

Serving: 3-4 oz cooked
Lean animal protein to replace red meat.

8 Beans (Black, Kidney, Pinto)

Protein, fiber, potassium

Serving: 1/2 cup cooked
Affordable protein and fiber.

9 Edamame

Protein, fiber, folate

Serving: 1/2 cup shelled (about 9 g protein)
Whole young soybeans packed with protein.

10 Cottage Cheese

Casein protein, calcium

Serving: 1/2 cup (about 12-14 g protein)
High-protein, slow-digesting dairy.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/protein-foods/