

## World's Healthiest Foods ranked as quality sources of: Protein

Food	Serving Size	Calories	Foods Rating
Turkey	4 oz-wt	153.1	excellent
Cod, baked/broiled	4 oz-wt	119.1	excellent
Tuna, yellowfin, baked/broiled	4 oz-wt	157.6	excellent
Shrimp, steamed/boiled	4 oz-wt	112.3	excellent
Snapper, baked/broiled	4 oz-wt	145.2	very good
Venison	4 oz-wt	179.2	very good
Halibut, baked/broiled	4 oz-wt	158.8	very good
Scallops, baked/broiled	4 oz-wt	151.7	very good
Chicken breast, roasted	4 oz-wt	223.4	very good
Mustard greens, boiled	1 cup	21.0	very good
Beef tenderloin, lean, broiled	4 oz-wt	240.4	very good
Lamb loin, roasted	4 oz-wt	229.1	very good
Calf's liver, braised	4 oz-wt	187.1	very good
Spinach, boiled	1 cup	41.4	very good
Sardines	3.25 oz can	191.4	very good
Romaine lettuce	2 cup	15.7	good
Crimini mushrooms, raw	5 oz-wt	31.2	very good
Salmon, chinook, baked/broiled	4 oz-wt	261.9	very good
Asparagus, boiled	1 cup	43.2	very good
Broccoli, steamed	1 cup	43.7	very good
Tofu, raw	4 oz-wt	86.2	very good
Soybeans, cooked	1 cup	297.6	very good
Mozzarella cheese, part-skim, shredded	1 oz-wt	72.1	very good
Swiss chard, boiled	1 cup	35.0	very good
Tempeh, cooked	4 oz-wt	223.4	good
Yogurt, low-fat	1 cup	155.1	good
Egg, whole, boiled	1 each	68.2	good
Collard greens, boiled	1 cup	49.4	good
Cauliflower, boiled	1 cup	28.5	good
Lentils, cooked	1 cup	229.7	good
Split peas, cooked	1 cup	231.3	good
Kidney beans, cooked	1 cup	224.8	good
Kale, boiled	1 cup	36.4	good
Lima beans, black beans cooked	1 cup	216.2	good
Cow's milk, 2%	1 cup	121.2	good
Shiitake Mushrooms, raw	1 cup	49.3	good
Brussel sprouts, boiled	1 cup	60.8	good
Green peas, boiled	1 cup	134.4	good
Navy beans, pinto beans cooked	1 cup	258.4	good
Miso	1 oz	70.8	good
Turnip greens, cooked	1 cup	28.8	good
Garbanzo beans (chickpeas), cooked	1 cup	269.0	good
Green beans, boiled	1 cup	43.8	good
Goat's milk	1 cup	167.9	good
Cabbage, shredded, boiled	1 cup	33.0	good
Summer squash, cooked, slices	1 cup	36.0	good
Peanuts, pumpkin seeds raw	0.25 cup	207.0	good
Oats, whole grain, cooked	1 cup	147.4	good
Tomato, ripe	1 cup	37.8	good