# Protein Per Calorie

Common proteins on a Filipino table, ranked by how much protein you get for the calories.

Most of us need more protein than we eat. The fastest fix is choosing proteins that give you a lot of it **without a lot of extra calories**. The last column shows grams of protein for every 100 calories — the higher, the better the deal.

| FOOD (COOKED) | SERVING | PROTEIN | CAL | PROTEIN PER 100 CAL |
|---|---|---|---|---|
| **Shrimp, grilled** | 100 g | **24 g** | 99 | **24 g** |
| **Tuna, canned in water** | 100 g, drained | **26 g** | 116 | **22 g** |
| **Whey protein** | 1 scoop, 30 g | **24 g** | 112 | **21 g** |
| **Egg whites** | 3 whites | **11 g** | 52 | **21 g** |
| **Tilapia, grilled** | 1 fillet, 120 g | **31 g** | 155 | **20 g** |
| **Chicken breast, grilled** | 120 g | **37 g** | 198 | **19 g** |
| **Pork tenderloin, grilled** | 120 g | **31 g** | 172 | **18 g** |
| **Squid (pusit), grilled** | 120 g | **19 g** | 110 | **17 g** |
| **Greek yogurt, nonfat** | 1 cup, 170 g | **17 g** | 100 | **17 g** |
| **Lean beef sirloin** | 120 g | **35 g** | 247 | **14 g** |
| **Ground beef, lean (90/10)** | 120 g | **31 g** | 260 | **12 g** |
| **Firm tofu** | 150 g | **12 g** | 114 | **11 g** |
| **Bangus, grilled** | 120 g | **24 g** | 236 | **10 g** |
| **Whole eggs** | 2 large | **13 g** | 155 | **8 g** |
| **Tocino** | 100 g | **20 g** | 270 | **7 g** |
| **Longganisa** | 2 pieces, 100 g | **14 g** | 320 | **4 g** |
| **Hotdog** | 2 pieces, 90 g | **9 g** | 261 | **3 g** |

15 g+ per 100 cal — lean, protein-first · 8–14 g — solid, watch the portion · Under 8 g — more fat than protein

**→ ASK YOUR COACH**

This chart tells you what to pick. How much protein you need each day depends on your body weight, goal and training. Every TLC member can ask a coach for guidance on their numbers.

Approximate values for cooked foods from standard nutrition tables. Brands and recipes vary. General education only, not medical or dietary advice.