

PROTEIN RICH FOODS



Soya bean, white
(सोयाबीन)
Protein - 37.8 g



Tuna fish
(टूना मछली)
Protein - 24.5 g



Lentil dal
(मसूर दाल)
Protein - 24.4 g



Groundnut
(मूँगफली)
Total Protein - 23.7 g



Chicken hen, breast with skin
(मुर्गी स्तन)
Protein - 22.1 g

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Paneer
(पनीर)
Protein - 18.9 g



Egg, whole, raw
(अंडा)
Protein - 13.1 g



Bajra
(बाजरा)
Protein - 11.0 g



Wheat flour
(गेहूँ का अटा)
Protein - 10.6 g



Milk, whole, Cow
(गाय का दूध)
Protein - 3.3 g

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