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**LIA Lifestyle Instruction Aid**

**wl6. Protein Page 4 of 5 Protein Content in Common Foods Alphabetical Order**

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Almonds 12%	Grapefruit 5%
Artichokes 22%	Grapes 9%
Asparagus 38%	Honeydew melon 10%
Avocados 5%	Kale 45%
Bamboo shoots 39%	Mushrooms 38%
Bananas 5%	Mustard greens 39%
Barley 11%	Okra 27%
Beet greens 37%	Oranges 8%
Brazil nuts 9%	Papaya 6%
Broccoli 45%	Parsley 34%
Brown rice 8%	Peaches 6%
Butternuts 15%	Pears 5%
Cabbage, Chinese 34%	Pecans 5%
Cabbage, red 22%	Pine nuts (pignolia) 8%
Cabbage, savoy 22%	Prunes 4%
Cantaloupe 9%	Pumpkin seeds 21%
Cashews 12%	Sesame seeds 13%
Cauliflower 40%	Spinach 49%
Celery 21%	Spirulina 60%
Cherries 8%	Strawberries 8%
Coconut (fresh) 4%	Turnip greens 43%
Collard greens 43%	Walnuts 13%
Cucumbers 24%	Watercress 46%
Dandelion greens 24%	Watermelon 8%
Figs 6%	Wild rice 18%
Filberts 8%	Zucchini 28%
Garlic, per clove 20%	