

## Foods ranked by percentage 'recommended daily intake' per 100 grams for the nine essential proteins:

Histidine	Isoleucine	Leucine	Lysine	Methionine	Phenylalanine	Threonine	Tryptophan	Valine
Bacon (fried) (198%)	Soya beans (140%)	Soya beans (121%)	Bacon (fried) (144%)	Brazil nuts (159%)	Soya beans (121%)	Soya beans (168%)	Soya beans (211%)	Cheese (goat) (115%)
Soya beans (156%)	Bacon (fried) (115%)	Bacon (fried) (103%)	Soya beans (128%)	Bacon (fried) (133%)	Pumpkin seeds (99%)	Bacon (fried) (143%)	Pumpkin seeds (205%)	Soya beans (111%)
Pork (146%)	Cheese (cheshire) (103%)	Cheese (goat) (96%)	Pork (110%)	Hemp seeds (132%)	Hemp seeds (82%)	Goat (122%)	Cheese (cheddar) (195%)	Hemp seeds (97%)
Hemp seeds (138%)	Goat (97%)	Pumpkin seeds (88%)	Cheese (goat) (104%)	Cheese (goat) (115%)	Mung beans (raw) (82%)	Hemp seeds (120%)	Chia seeds (155%)	Bacon (fried) (95%)
Mustard seeds (125%)	Hemp seeds (91%)	Goat (82%)	Lamb (104%)	Goat (103%)	Bacon (fried) (81%)	Pork (111%)	Bacon (fried) (145%)	Pumpkin seeds (86%)
Cheese (goat) (118%)	Pumpkin seeds (91%)	Cheese (cheshire) (81%)	Goat (96%)	Pork (96%)	Peanuts (78%)	Cheese (goat) (108%)	Goat (143%)	Cheese (cheshire) (85%)
Cheese (cheshire) (117%)	Cheese (goat) (90%)	Hemp seeds (79%)	Beef (lean) (93%)	Beef (lean) (90%)	Butter beans (raw) (70%)	Salmon (farm-ed) (101%)	Tahini (139%)	Mustard seeds (82%)
Lamb (112%)	Cheese (cheddar) (86%)	Mustard seeds (76%)	Cheese (cheshire) (92%)	Lamb (90%)	Cheese (cheshire) (70%)	Lamb (100%)	Sesame seed (138%)	Goat (79%)
Pumpkin seeds (111%)	Pork (85%)	Pork (75%)	Trout (wild) (89%)	Cheese (cheshire) (86%)	Lentils (raw) (69%)	Cheese (cheddar) (99%)	Hemp seeds (131%)	Cheese (cheddar) (77%)
Beef (lean) (103%)	Lamb (85%)	Broad bean (raw) (71%)	Cheese (brie) (88%)	Trout (wild) (86%)	Cheese (goat) (69%)	Pumpkin seeds (95%)	Sunflower seeds (124%)	Pork (76%)
Cheese (brie) (102%)	Mustard seeds (84%)	Cheese (cheddar) (71%)	Mustard seeds (87%)	Pumpkin seeds (85%)	Peanut butter (68%)	Beef (lean) (94%)	Pork (116%)	Cheese (brie) (73%)
Mung beans (raw) (99%)	Sunflower seeds (81%)	Cheese (brie) (70%)	Chicken (86%)	Cheese (brie) (84%)	Mustard seeds (67%)	Sunflower seeds (88%)	Cheese (brie) (114%)	Lamb (73%)
Lentils (raw) (99%)	Butter beans (raw) (80%)	Lamb (70%)	Green split peas (84%)	Chia seeds (83%)	Sunflower seeds (66%)	Broad bean (raw) (88%)	Cheese (goat) (114%)	Sunflower seeds (72%)
Pork (raw) (96%)	Chicken (80%)	Butter beans (raw) (67%)	Salmon (farmed) (83%)	Chicken (83%)	Cheese (brie) (66%)	Butter beans (raw) (88%)	Walnuts (black) (113%)	Butter beans (raw) (70%)
Walnuts (black) (96%)	Chicken (fried) (76%)	Mung beans (raw) (67%)	Haddock (82%)	Tahini (83%)	Blanched almonds (66%)	Chicken (85%)	Goat (raw) (109%)	Walnuts (black) (69%)
Broad bean (raw) (94%)	Lentils (raw) (76%)	Beef (lean) (66%)	Chicken (fried) (82%)	Sesame seed (83%)	Almonds (64%)	Trout (wild) (85%)	Cheese (cheshire) (107%)	Pistachio nuts (68%)
Chicken (94%)	Broad bean (raw) (75%)	Lentils (raw) (65%)	Lentils (raw) (81%)	Salmon (farmed) (82%)	Green split peas (64%)	Peanuts (84%)	Lamb (103%)	Mung beans (raw) (67%)
Butter beans (raw) (93%)	Goat (raw) (74%)	Green split peas (64%)	Broad bean (raw) (79%)	Eggs (duck) (81%)	Broad bean (raw) (63%)	Lentils (raw) (84%)	Cashew nuts (102%)	Lentils (raw) (67%)