

**Content in leucine, protein and energy per 100 g of food
 (in descending order of leucine per category).ⁱ**

Food	Leucine (g/100 g)	Total protein (g/ 100 g)	Energy (kcal/ 100 g)
Meat			
Adult bovine's rump	1,894	22	111
Baked ham	1,695	19.8	215
Bovine, calf, 4 months, low-fat meat	1,029	20.7	92
Bovine, calf, 4 months, semi-fat meat	1,742	20.3	144
Bresaola	2,651	32	152
Raw ham	2,211	26.6	284
Speck	2,326	28.3	303
Turkey's breast, without skin	2,002	24	107
Turkey's thigh, without skin	1,438	18	113
Cheese, milk and yogurt			
Asiago	2,845	31.4	359
Cow ricotta	997	8.8	146
Cow's milk partially skimmed	377	3.5	46
Crescenza	1,250	16.1	281

Emmenthal	2,687	28,5	403
Feta	1,531	15,6	250
Gorgonzola	1,530	19,1	324
Grana cheese	2,820	33,9	406
Greek yogurt	505	6,4	115
Greek yogurt, low-fat	707	9	51
Gruyer	3,184	30,6	389
Italico	2,071	21,2	316
Milk flakes	978	9,7	115
Mozzarella cheese	1,400	18,7	253
Parmesan	2,880	33,5	387
Robiol	1,467	20	338
Spreadable cheese	933	8,6	313
Yogurt partially skimmed	268	3,4	43
Fish			
Anchovy	1,331	16,8	96
Clam	718	10,2	72
Cod	1,484	17	71
Cod steaks	862	11	191
Cuttlefish	985	14	72
Dog fish	1,300	16	80
Drained tuna in oil	2,029	25,2	192

Farmed sea bream, filets	1,557	19.7	159
Frozen shrimps	1,179	13.6	63
Grouper	1,455	17.9	80
Herring	1,341	16.5	216
Mackerel	1,636	17	170
Mullet roe	2,822	35.5	373
Mussel	824	11.7	84
Octopus	746	10.6	57
Persic fish	1,252	15.4	75
Salmon	1,496	18.4	185
Sardines	1,643	20.8	129
Smoked salmon	2,065	25.4	147
Soaked cod	1,886	21.6	95
Sole	1,336	16.9	86
Squid	886	12.6	68
Surimi	1,204	15.2	95
Sword fish	1,373	16.9	109
Trout	1,028	14.7	86
Tuna fish	1,871	21.5	159
Legumes			
Beans	488	6.4	104
Borlotti beans dried, boiled	563	6.9	106

Borlotti beans, boiled	493	5,7	78
Cannellin beans dried, cooked, boiled	682	8	107
Cannellin beans, canned, drained	513	6	86
Chick peas dried, boiled	549	7	132
Lentils, drained canned	417	5	91
Lentils, dried boiled	527	6,9	109
Peas, dried	1,406	21,7	306
Raw dried broad beans	2,119	27,2	343
Cereals			
Bread	691	9	275
Buckwheat	837	12,4	329
Corn	1,168	9,2	357
Corn flour	1,028	8,7	341
Millet	1,389	11,8	343
Oat flour	920	12,6	378
Polished rice	590	6,7	334
Rusks	831	11,3	387
Semolina pasta	1,033	13,5	341
Spelled perlat, raw	1,075	14,6	353
Dried fruit			
Cashew nuts	1,280	15	604
Dried fruit	848	12,9	660

Hazelnuts, dried	930	13.8	625
Nuts, dried	1,011	14.3	702
Pine nuts	2,054	31,9	604
Pistachios	1,442	20,6	570
Sweet almonds, dried	1,450	22	542
Fruit			
Ananas	22	0,5	40
Apple with peel	12	0.2	44
Apricot	22	0,4	28
Avocado	315	4.4	238
Banana	56	1.2	76
Black cherry	23	0,8	41
Blueberry	54	0.9	49
Cestnut	207	3,5	189
Cherry	23	0,8	38
Fig	0,04	0,9	47
Grapes	14	0,5	61
Kiwi	68	1,2	44
Melon	28	0,8	33
Orange	22	0.7	37
Peach	29	0,8	27
Pear	16	0,3	35

Raspberry	51	1	34
Strawberry	46	0,9	27
Vegetables			
Artichokes	196	2,7	22
Chard	93	1,3	17
Coultivated mushrooms, pleurotes	172	2,2	37
Eggplant	70	1,1	15
Forest asparagus	210	4,6	35
Fresh lettuce	115	1,8	19
Fresh ripe tomatoes	30	1	19
Green beans	147	2,1	18
Green cabage	113	2,1	19
Pepperoni	39	0,9	25
Porcini mushrooms	207	3,9	27
Spinaches	323	3,4	31
Zucchini/courgettes	130	1,3	11
Other			
Arachid butter	1,465	22.6	623
Butter	86	0,8	758
Chicken egg	1,041	12.4	128
Chicken egg white	862	10,7	43
Potatoes	122	2,1	85

Sweetened cocoa soluble powder	273	4.5	349
Unsweetened cocoa powder	1,238	20.4	355

ⁱ [Front Nutr. 2020; 7: 622391](#). Published online 2021 Jan 26. doi: [10.3389/fnut.2020.622391](https://doi.org/10.3389/fnut.2020.622391)