

Proteins

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Proteins

The legumes at the top of the cheap-protein tables are also the top of the fiber tables, which is why they carry so much of the site's nutrition argument — see [dietary fiber](#) and [Top Ten Foods with the Most Fiber](#). The other macronutrients are [Carbohydrates](#) and, in the tables below, [Nutrition Tables](#).

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- **Meats:** Chicken, Beef, Pork, Lamb, Venison
- **Poultry:** Turkey, Duck, Quail
- **Seafood:** Salmon, Shrimp, Tuna, Mussels
- **Plant-Based:** Tofu, Tempeh, Seitan, Lentils
- **Dairy/Eggs:** Eggs, Greek Yogurt, Cheese (Whey Protein)

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