

Leucine Content in Common Foods



Ongoing research is demonstrating the key role that high quality protein, including the amino acid leucine, performs in the process of muscle protein synthesis. Leucine is a branched chain amino acid that is essential to muscle health. Not all proteins are created equal nutritionally, they do not have the same amino acid profile. High quality protein sources, like whey protein isolate, require lower consumption of protein and lower calories per meal to achieve optimal muscle health.



Whey Protein Isolate
23 g Protein
2.5 g Leucine
92 Calories



Soy Protein Isolate
31 g Protein
2.5 g Leucine
125 Calories



Skim Milk
3.7 Servings (874 mL)
2.5 g Leucine
333 Calories



Top Round Beef
1.3 Servings (142 g)
2.5 g Leucine
391 Calories



Whole Wheat Bread
12.8 Servings (641 g)
2.5 g Leucine
3462 Calories



Raw Chicken Breast
1.3 Servings (142 g)
2.5 g Leucine
147 Calories



Raw Peanuts
5 Servings (149 g)
2.5 g Leucine
876 Calories



Greek Yogurt
1.1 Servings (250 g)
2.5 g Leucine
143 Calories



Raw Eggs
4.6 eggs
2.5 g Leucine
321 Calories