

Food	SUM of Protein Score	SUM of Cost per g Protein	SUM of Avg(PDCAAS, DIAAS)	SUM of Protein %
Canned Tuna	30.49	\$0.03	1.00	100.0%
Unflavored Whey	30.09	\$0.03	1.09	76.9%
Unflavored Casein	28.64	\$0.03	1.09	87.3%
Boneless Skinless Chicken Breast	28.18	\$0.03	1.04	71.4%
Pork Loin	22.57	\$0.03	1.17	48.4%
Vital Wheat Gluten	22.10	\$0.02	0.45	80.0%
Canned Salmon	21.83	\$0.03	1.00	66.7%
Egg Whites	21.07	\$0.04	1.07	80.0%
Large Eggs	20.16	\$0.02	1.07	35.0%
Plain Nonfat Greek Yogurt	18.61	\$0.04	1.07	68.0%
Skim Milk	18.24	\$0.02	1.07	35.6%
Nonfat Cottage Cheese	18.00	\$0.04	1.07	68.6%
Bagged Red Lentils	16.45	\$0.01	0.80	28.9%
Bagged Pinto Beans	16.30	\$0.01	0.80	28.0%
Bagged Lentils	15.82	\$0.02	0.80	32.7%
Bagged Black Beans	15.00	\$0.02	0.80	32.0%
Bone In Skin On Chicken Thighs	13.76	\$0.02	1.04	30.4%
Bagged Small Red Beans	13.72	\$0.02	0.62	40.0%
Boneless Skinless Chicken Thighs	12.85	\$0.04	1.04	47.5%
93% Lean Ground Turkey	12.77	\$0.04	1.04	55.0%
Fairlife Fat Free Milk	12.11	\$0.06	1.07	65.0%
Bagged Green Split Peas	12.08	\$0.02	0.80	26.7%
Fresh Tilapia	12.07	\$0.07	1.00	84.4%
Bagged Light Red Kidney Beans	11.88	\$0.02	0.62	35.6%
Bagged Chickpeas	11.39	\$0.02	0.79	23.3%
Fresh Tuna	9.89	\$0.09	1.00	90.0%
Powdered Peanut Butter	9.17	\$0.02	0.47	48.0%
93% Lean Ground Beef	8.59	\$0.07	1.06	54.1%
Frozen Edamame	7.49	\$0.05	0.81	44.4%
Fresh Cod	7.36	\$0.12	1.00	85.0%
Beef Sirloin Tip Steak	7.25	\$0.08	1.06	57.5%
Frozen Raw Shrimp (Peeled, Deveined, Tail-off)	7.05	\$0.11	1.00	75.0%
Canned Black Beans	6.87	\$0.03	0.80	26.7%
Frozen Cooked Shrimp (Peeled, Deveined, Tail-off)	6.09	\$0.11	1.00	68.6%
Processed Peanut Butter	4.56	\$0.02	0.47	15.6%
Canned Light Red Kidney Beans	4.53	\$0.03	0.62	25.5%
Canned Sardines	4.52	\$0.08	1.00	36.9%
Canned Pinto Beans	4.28	\$0.04	0.80	21.8%
Canned Dark Red Kidney Beans	4.15	\$0.03	0.62	23.3%
Canned Lentils	3.99	\$0.05	0.80	25.5%
Canned Chickpeas	3.88	\$0.04	0.79	20.0%
Fresh Salmon	3.66	\$0.10	1.00	38.3%
Fresh Mozzarella	3.38	\$0.09	1.07	28.6%
Canned Peas	3.16	\$0.05	0.65	22.9%
Natural Peanut Butter	3.08	\$0.03	0.47	16.8%
Frozen Spinach	3.01	\$0.09	0.81	34.3%
Canned Clams	2.48	\$0.20	1.00	50.0%
Frozen Peas	2.43	\$0.06	0.65	22.9%
Tofu	2.09	\$0.17	0.84	43.1%
White Rice	1.95	\$0.02	0.57	7.5%
White Quinoa	1.86	\$0.05	0.68	14.1%
Brown Rice	1.81	\$0.03	0.57	8.0%
Tri-Color Quinoa	1.67	\$0.06	0.68	14.1%
Fresh Clams	1.64	\$0.43	1.00	70.0%
Russet Potatoes	1.55	\$0.07	1.00	10.9%
Canned Spinach	1.55	\$0.21	0.81	40.0%
Frozen String Beans	1.04	\$0.25	0.81	32.0%
Red Potatoes	0.94	\$0.12	1.00	10.9%
Yellow Potatoes	0.88	\$0.12	1.00	10.9%
Fresh Spinach	0.87	\$0.30	0.81	32.0%
Canned String Beans	0.69	\$0.19	0.81	16.0%
Fresh String Beans	0.57	\$0.38	0.81	26.7%
Sweet Potatoes	0.34	\$0.18	1.00	6.2%

State	Year	Population	Unemployment Rate	Median Annual Income	Per Capita Income	Population Growth Rate	Population	Unemployment Rate	Median Annual Income	Per Capita Income	Population Growth Rate
Alabama	2015	4,973,000	6.7%	\$27,617	\$24,380	0.8%	5,012,000	6.9%	\$27,912	\$24,675	0.9%
Alaska	2015	715,000	6.8%	\$16,971	\$16,971	-0.4%	724,000	7.1%	\$17,266	\$17,266	-0.4%
Arizona	2015	7,148,000	5.8%	\$33,589	\$33,589	1.7%	7,187,000	6.1%	\$33,884	\$33,884	1.8%
Arkansas	2015	3,012,000	7.2%	\$26,583	\$23,346	0.0%	3,051,000	7.4%	\$26,878	\$23,641	0.1%
California	2015	39,152,000	5.2%	\$38,814	\$38,814	0.6%	39,542,000	5.4%	\$39,109	\$39,109	0.7%
Colorado	2015	5,773,000	4.3%	\$42,631	\$42,631	1.4%	5,812,000	4.5%	\$42,926	\$42,926	1.5%
Connecticut	2015	3,605,000	6.4%	\$43,945	\$43,945	-0.1%	3,644,000	6.6%	\$44,240	\$44,240	0.0%
Delaware	2015	988,000	4.9%	\$49,940	\$49,940	0.6%	997,000	5.1%	\$50,235	\$50,235	0.7%
District of Columbia	2015	689,000	5.6%	\$65,941	\$65,941	0.1%	698,000	5.8%	\$66,236	\$66,236	0.1%
Florida	2015	21,508,000	5.9%	\$31,304	\$31,304	1.9%	21,449,000	6.2%	\$31,599	\$31,599	2.0%
Georgia	2015	10,419,000	6.7%	\$31,709	\$31,709	1.3%	10,458,000	6.9%	\$32,004	\$32,004	1.4%
Hawaii	2015	1,415,000	10.8%	\$38,403	\$38,403	-0.1%	1,424,000	11.0%	\$38,698	\$38,698	0.0%
Idaho	2015	1,782,000	4.7%	\$40,911	\$40,911	1.8%	1,791,000	4.9%	\$41,206	\$41,206	1.9%
Illinois	2015	12,812,000	6.1%	\$41,354	\$41,354	-0.1%	12,753,000	6.3%	\$41,649	\$41,649	0.0%
Indiana	2015	6,785,000	6.9%	\$31,850	\$31,850	-0.1%	6,824,000	7.1%	\$32,145	\$32,145	0.1%
Iowa	2015	3,190,000	4.5%	\$40,101	\$40,101	0.8%	3,209,000	4.7%	\$40,396	\$40,396	0.9%
Kansas	2015	3,807,000	6.5%	\$37,668	\$37,668	0.7%	3,846,000	6.7%	\$37,963	\$37,963	0.8%
Kentucky	2015	4,467,000	8.6%	\$31,865	\$31,865	0.6%	4,506,000	8.8%	\$32,160	\$32,160	0.7%
Louisiana	2015	4,648,000	8.9%	\$30,767	\$30,767	0.2%	4,687,000	9.1%	\$31,062	\$31,062	0.3%
Maine	2015	1,365,000	5.8%	\$43,243	\$43,243	0.2%	1,374,000	6.0%	\$43,538	\$43,538	0.3%
Maryland	2015	6,046,000	6.1%	\$47,575	\$47,575	0.4%	6,085,000	6.3%	\$47,870	\$47,870	0.5%
Massachusetts	2015	7,013,000	5.8%	\$49,082	\$49,082	-0.1%	7,052,000	6.0%	\$49,377	\$49,377	0.0%
Michigan	2015	10,337,000	7.3%	\$36,735	\$36,735	-0.1%	10,278,000	7.5%	\$37,030	\$37,030	0.0%
Minnesota	2015	5,638,000	4.9%	\$48,900	\$48,900	0.7%	5,677,000	5.1%	\$49,195	\$49,195	0.8%
Mississippi	2015	2,968,000	11.5%	\$30,720	\$30,720	0.6%	3,007,000	11.7%	\$31,015	\$31,015	0.7%
Missouri	2015	6,154,000	6.4%	\$38,517	\$38,517	-0.1%	6,193,000	6.6%	\$38,812	\$38,812	0.0%
Montana	2015	1,080,000	4.7%	\$44,766	\$44,766	1.3%	1,089,000	4.9%	\$45,061	\$45,061	1.4%
Nebraska	2015	1,935,000	4.8%	\$42,089	\$42,089	1.1%	1,944,000	5.0%	\$42,384	\$42,384	1.2%
Nevada	2015	3,082,000	5.2%	\$42,954	\$42,954	1.9%	3,121,000	5.4%	\$43,249	\$43,249	2.0%
New Hampshire	2015	1,323,000	5.7%	\$46,728	\$46,728	0.2%	1,332,000	5.9%	\$47,023	\$47,023	0.3%
New Jersey	2015	9,290,000	5.7%	\$47,548	\$47,548	-0.1%	9,329,000	5.9%	\$47,843	\$47,843	0.0%
New Mexico	2015	2,096,000	7.3%	\$37,424	\$37,424	1.4%	2,135,000	7.5%	\$37,719	\$37,719	1.5%
New York	2015	20,473,000	5.8%	\$47,787	\$47,787	-0.1%	20,414,000	6.0%	\$48,082	\$48,082	0.0%
North Carolina	2015	10,417,000	6.1%	\$36,745	\$36,745	1.2%	10,456,000	6.3%	\$37,040	\$37,040	1.3%
North Dakota	2015	762,000	4.2%	\$48,879	\$48,879	0.6%	771,000	4.4%	\$49,174	\$49,174	0.7%
Ohio	2015	11,688,000	7.1%	\$37,107	\$37,107	-0.1%	11,629,000	7.3%	\$37,402	\$37,402	0.0%
Oklahoma	2015	3,959,000	9.1%	\$35,624	\$35,624	0.7%	4,008,000	9.3%	\$35,919	\$35,919	0.8%
Oregon	2015	4,058,000	5.7%	\$42,823	\$42,823	1.1%	4,097,000	5.9%	\$43,118	\$43,118	1.2%
Pennsylvania	2015	12,786,000	6.5%	\$42,204	\$42,204	-0.1%	12,727,000	6.7%	\$42,499	\$42,499	0.0%
Rhode Island	2015	1,059,000	6.6%	\$46,370	\$46,370	0.2%	1,068,000	6.8%	\$46,665	\$46,665	0.3%
South Carolina	2015	4,642,000	7.8%	\$37,499	\$37,499	1.3%	4,681,000	8.0%	\$37,794	\$37,794	1.4%
South Dakota	2015	833,000	4.2%	\$48,920	\$48,920	1.1%	842,000	4.4%	\$49,215	\$49,215	1.2%
Tennessee	2015	6,346,000	7.8%	\$38,369	\$38,369	1.1%	6,385,000	8.0%	\$38,664	\$38,664	1.2%
Texas	2015	28,748,000	6.7%	\$41,274	\$41,274	1.7%	28,689,000	7.0%	\$41,569	\$41,569	1.8%
Utah	2015	3,271,000	4.7%	\$44,848	\$44,848	1.9%	3,310,000	4.9%	\$45,143	\$45,143	2.0%
Vermont	2015	623,000	5.6%	\$49,853	\$49,853	0.2%	632,000	5.8%	\$50,148	\$50,148	0.3%
Virginia	2015	8,008,000	6.3%	\$45,507	\$45,507	1.1%	8,047,000	6.5%	\$45,802	\$45,802	1.2%
Washington	2015	7,703,000	5.3%	\$50,286	\$50,286	1.1%	7,742,000	5.5%	\$50,581	\$50,581	1.2%
West Virginia	2015	1,853,000	11.3%	\$31,822	\$31,822	0.6%	1,892,000	11.5%	\$32,117	\$32,117	0.7%
Wisconsin	2015	5,848,000	5.2%	\$47,314	\$47,314	0.8%	5,887,000	5.4%	\$47,609	\$47,609	0.9%
Wyoming	2015	586,000	4.8%	\$51,866	\$51,866	1.4%	595,000	5.0%	\$52,161	\$52,161	1.5%

https://en.wikipedia.org/wiki/Digestible_Indispensable_Amino_Acid_Score