



**Most Protein Meat**  
A 100-gram portion of lean beef, pork, lamb, veal, chicken, turkey, or fish contains 25 to 30 grams of protein, says the USDA. Eggs, which are 6 percent water, contain 13 grams of protein per 100 grams. Tofu, which is 80 percent water, contains 8 grams of protein per 100 grams. Soybeans, which are 10 percent water, contain 36 grams of protein per 100 grams. Soybean meal, which is 12 percent water, contains 48 grams of protein per 100 grams. Soybean oil, which is 15 percent water, contains 60 grams of protein per 100 grams. Soybean lecithin, which is 18 percent water, contains 72 grams of protein per 100 grams. Soybean meal, which is 12 percent water, contains 48 grams of protein per 100 grams. Soybean oil, which is 15 percent water, contains 60 grams of protein per 100 grams. Soybean lecithin, which is 18 percent water, contains 72 grams of protein per 100 grams.

**Octopus' Bite Numbs**  
 (MAY) — It's the only  
 bite that numbs. And a 10-  
 pound octopus is the only  
 creature in the world that  
 causes inflammation and  
 numbness.

[illegible]

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