



# BEST PLANT-BASED SOURCES OF PROTEIN

## VEGETABLES

FOOD	SERVING SIZE	CALORIES (CAL)	PROTEIN (G)	% OF CALORIES FROM PROTEIN
Spinach, cooked	1 CUP	41	5	49%
Asparagus	1 CUP	27	3	44%
Broccoli	1 CUP	31	2.6	34%
Brussels sprouts	1 CUP	38	3	32%
Peas	1 CUP	118	8	27%
Sun-dried tomatoes	1 CUP	139	8	23%

## BREAD, GRAINS, PASTA

FOOD	SERVING SIZE	CALORIES (CAL)	PROTEIN (G)	% OF CALORIES FROM PROTEIN
Seitan	1/2 CUP	180	31.5	70%
Oat bran, cooked	1/2 CUP	44	3.5	32%
Whole wheat pasta, cooked	1/2 CUP	87	3.5	16%
Buckwheat flour	1/2 CUP	291.5	11.5	16%
Wheat flour	1/2 CUP	203.5	8	16%
Whole wheat bread	1 OUNCE SLICE	77	2.9	15%
Quinoa, cooked	1/2 CUP	111	4	14%
Oats, cooked	1/2 CUP	153.5	5.5	14%

## PROTEIN POWDER

FOOD	SERVING SIZE	CALORIES (CAL)	PROTEIN (G)	% OF CALORIES FROM PROTEIN
Pea protein powder	1 OUNCE	103	24	93%
Brown rice protein powder	1 OUNCE	110	15	55%
Hemp protein powder	1 OUNCE	113	13	46%

## BEANS AND LEGUMES

FOOD (ALL BEANS ARE COOKED)	SERVING SIZE	CALORIES (CAL)	PROTEIN (G)	% OF CALORIES FROM PROTEIN
Tempeh	1/2 CUP	160	15.5	39%
Soy beans	1/2 CUP	127	11	35%
Brown lentils	1/2 CUP	115	9	31%
Red lentils	1/2 CUP	115	9	31%
Green lentils	1/2 CUP	115	9	31%
Kidney beans	1/2 CUP	109.5	8	29%
Split peas	1/2 CUP	115.5	8	28%
Lima beans	1/2 CUP	108.5	7.5	28%
Black beans	1/2 CUP	113.5	7.5	26%
Black-eyed peas	1/2 CUP	99	6.5	26%
Tofu	1/2 CUP	94	6	26%
Pinto beans	1/2 CUP	122.5	7.5	24%
Navy beans	1/2 CUP	127.5	7.5	24%

## NUTS AND SEEDS

FOOD	SERVING SIZE	CALORIES (CAL)	PROTEIN (G)	% OF CALORIES FROM PROTEIN
Hemp seeds	1 OUNCE	162	10	25%
Peanuts without shells <small>(technically a legume)</small>	1 OUNCE	164	7	17%
Black walnuts	1 OUNCE	173	7	16%
Flax seeds	1 OUNCE	110	3.8	14%
Chia seeds	1 OUNCE	138	4.7	14%