

Plant Based Sources of Protein

MOSTLY ALL PROTEIN

High in protein with low amounts of fat and carbs.

Vegan protein powder, 30 g	20 g
Nutritional Yeast, 1/4 cup	8 g
Spirulina, 1 Tbsp	8 g

PROTEIN + CARB

Moderate amount of protein and carbs, high in fiber and low in fat.

Chickpeas, 1/2 cup	8 g
Black beans, 1/2 cup	7 g
Kidney beans, 1/2 cup	7 g
Lupini beans, 1/2 cup	13 g
Soy beans, 1/2 cup	15 g
Any other bean, 1/2 cup	7-9 g
Lentils, any variety, 1/2 cup	9 g
Bean/lentil pasta, 85 g raw	26 g
Chickpea flour, 1/2 cup	12 g

PROTEIN + CARB + FAT

Moderate to high amount of protein with some carbs and fat.

Natto, 1/2 cup	15 g
Tempeh, 1/2 cup	15 g
Edamame, 1/2 cup	8 g
Soy milk, 1 cup	8 g
Soft tofu, 85 g	6 g
Medium/firm tofu, 85 g	7-9 g
Extra-firm tofu, 85 g	11 g
Hemp seeds, 2 Tbsp	6 g
Chia seeds, 2 Tbsp	5 g

HIGHEST PROTEIN NON-STARCHY VEGGIES

Relatively low in protein but can add up significantly throughout the day. Include these often as well as a wide variety of other fruits and vegetables to get all the micronutrients you need.

Green peas, 1 cup	9 g
Broccoli, 1 cup	2.5 g
Mushrooms, 1 cup	5 g
Kale, cooked, 1 cup	4 g
Spinach, cooked, 1 cup	5 g
Artichoke hearts, 1 cup	6 g
Alfalfa sprouts, 1 cup	6 g
Asparagus, 1 cup	4.5 g
Corn, 1 cup	4.5 g
Potato, 1 medium	5 g

HIGHEST PROTEIN WHOLE GRAINS

Get more protein through whole grain carbohydrates you're eating, choose these higher protein options.

Quinoa, cooked, 1 cup	8 g
Rolled oats, 1/5 cup	5 g
Amaranth, cooked, 1/2 cup	8 g
Teff, cooked, 1/2 cup	7 g
Wild rice, cooked, 1/2 cup	6 g
Buckwheat, cooked, 1 cup	6 g
Millet, cooked, 1 cup	6 g
Sprouted whole grain breads, 1 slice	6 g

NUTS AND SEEDS

Some protein, low in carbs and high in fat.

Almonds, 1 oz/28 g	6 g
--------------------	-----

Plant Based Sources of Protein

Peanuts, 1 oz/28 g	7 g
Cashews, 1 oz/28 g	5 g
Pecans, 1 oz/28 oz g	3 g
Brazil nuts, 1 oz/28 g	4 g
Walnuts, 1/4 cup	5 g
Sesame seeds, 1 Tbsp	3 g
Pumpkin seeds, 1/4 cup	5 g
Raw sunflower seeds, 2 Tbsp	3 g
Sunflower seed butter, 2 Tbsp	7 g
Almond butter, 2 Tbsp	6 g
Peanut butter, 2 Tbsp	7 g
Tahini, 2 Tbsp	7 g

OTHER FOODS

Relatively low amounts of protein but they do contain some and are rich in fiber and other nutrients, making them excellent foods to include in a plant-based diet.

Sweet potato, 1 cup	2.5 g
Cauliflower, 1 cup	2 g
Brussels sprouts, 1 cup	3 g
Avocado, 1 medium	3 g

PLANT-BASED PROTEIN TIPS

Vary protein sources daily and weekly to get all the essential amino acids you need.

Use a whole food-based protein powder if you consistently struggle to meet your protein needs. Try brown rice, hemp, pumpkin seed, or pea protein.

Enjoy a daily fiber, nutrient and protein-rich smoothie to boost your protein intake, if needed.

Include a source of protein with every meal and snack, such a hummus, beans, lentils, tofu, tempeh, nuts and seeds.

Enjoy plenty of whole food carbohydrates and fats to get all the nutrients you need to stay healthy while enjoying a plant-based diet.