



BEST PLANT-BASED SOURCES OF PROTEIN

NUTS AND SEEDS

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Hemp seeds	1 oz	162	10	25%
Peanuts without shells	1 oz	164	7	17%
Black walnuts	1 oz	173	7	16%
Flax seed	1 oz	110	3.8	14%
Chia seeds	1 oz	138	4.7	14%

PROTEIN POWDER

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Pea protein	1 oz	103	24	93%
Brown rice protein	1 oz	110	15	55%
Hemp protein	1 oz	113	13	46%

VEGETABLES

Food	Serving Size	Calories (Cal)	Protein (G)	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)	Calories from Protein
Seitan	½ cup	180	31.5	70%
Oat bran, cooked	½ cup	44	3.5	32%
Whole wheat pasta, cooked	½ cup	87	3.5	16%
Buckwheat flour	½ cup	29.5	11.5	16%
Wheat flour	½ cup	203.5	8	16%
Quinoa, cooked	½ cup	111	4	14%
Oats, cooked	½ cup	153.5	5.5	14%

BEANS AND LEGUMES

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Tempeh	½ cup	160	15.5	39%
Soy beans	½ cup	127	11	35%
Brown lentils	½ cup	115	9	31%
Red lentils	½ cup	115	9	31%
Green lentils	½ cup	115	9	31%
Kidney beans	½ cup	109.5	8	29%
Split peas	½ cup	115.5	8	28%
Lima beans	½ cup	108.5	7.5	28%
Black beans	½ cup	113.5	7.5	26%
Black-eyed peas	½ cup	99	6.5	26%
Tofu	½ cup	94	6	26%
Pinto beans	½ cup	122.5	7.5	24%
Navy beans	½ cup	127.5	7.5	24%