

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%
Pumpkin seeds, kernels only	1 oz	151	7	19%
Peanuts, without shells	1 oz	164	7	17%
Black walnuts	1 oz	173	7	16%
Pistachios, without shells	1 oz	160	6	15%
Sunflower seeds	1 oz	164	6	15%
Almonds	1 oz	167	6	14%
Cashews	1 oz	155	5	13%
Flax seeds	1 oz	150	5	13%
Chia seeds	1 oz	137	4	12%
Walnuts	1 oz	185	4	9%

BEANS AND LEGUMES

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Tempeh	½ cup	180	16	46%
Tofu	½ cup	94	10	43%
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	120	7	28%
Split peas	½ cup	116	8	28%
Lima beans	½ cup	109	7.5	28%
Cannellini beans	½ cup	100	7	28%
Navy beans	½ cup	90	6	27%
Black-eyed peas	½ cup	80	5	25%
Black beans	½ cup	100	6	24%
Pinto beans	½ cup	100	6	24%
Chickpeas (Garbanzo beans)	½ cup	120	6	20%

VEGETABLES

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Spinach, cooked	1 cup	41	5	49%
Mushrooms, cooked	1 cup	42	5	48%
Asparagus	1 cup	27	3	44%
Broccoli	1 cup	31	2.6	34%
Brussels sprouts	1 cup	38	3	32%
Peas, cooked	1 cup	134	9	27%
Kale, cooked	1 cup	36	2	22%

BREAD, GRAINS, PASTA

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Seitan	½ cup	180	31.5	70%
Whole wheat bread	2 slices	138	7	20%
Spelt	½ cup	123	5.5	18%
Whole wheat pasta	½ cup	87	3.5	16%
Teff	½ cup	128	5	14%
Quinoa	½ cup	111	4	14%
Oats	½ cup	154	5.5	14%
Buckwheat	½ cup	284	9.5	13%

PROTEIN POWDER

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Soy protein	1 oz	112	24	86%
Pea protein	1 oz	103	21	83%
Spirulina	1 oz	81	16	79%
Brown rice protein	1 oz	99	18	73%
Hemp protein	1 oz	85	13	61%