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| **Plant-based Protein Sources** |
| *Food* | *Serving*  | *Protein (grams)*  |
| Chickpeas | 1/2 cup | 7 grams |
| Hummus | 3 tablespoons | 3 grams |
| Beans (black, pinto, kidney, lima, etc.) | 1/2 cup | 6-7 grams |
| Peas | 1 cup | 5 grams |
| Lentils | 1/2 cup | 9 grams |
| Artichoke | 1 medium | 3.5 grams |
| Soybeans/edamame\* | 1/2 cup | 9 grams |
| Tofu\* | 1/2 cup | 9 grams |
| Peanuts | 1 ounce | 7.5 grams |
| Tree nuts (walnuts, almonds, pecans) | 1 ounce | 4-6 grams |
| Nut butters | 2 tablespoons | 7 grams |
| Hemp seeds | 3 tablespoons | 9.5 grams |
| Chia seeds | 1 ounce | 4 grams |
| Sunflower seeds | 1 ounce | 5 grams |
| Flax seeds | 1 ounce | 6 grams |
| Pumpkin seeds | 1 ounce | 8.5 grams |
| 100% whole grain pita | 1-6.5" pita | 6 grams |
| 100% whole wheat bread or sprouted grain bread | 1 slice | 5 grams |
| Whole grain oats | 1/2 cup (dry) | 7 grams |
| Whole grain rice | 1 cup (prepared) | 6.5 grams |
| Quinoa | 1 cup (prepared) | 8 grams |
| Spirulina | 2 tablespoons | 8 grams |
| Nutritional Yeast | 3 tablespoons | 12 grams |
| Texture vegetable protein (TVP) | 1/4 cup (dry) | 12 grams |