

Vegan Protein Sources

Protein is an important part of life and nutrition; it is the substance that composes a large portion of your body's structure. Proteins are made up of amino acids arranged in different combinations. Next to water, protein is the most abundant substance in the human body. Below are some examples of protein sources for your vegan diet:



Food	Serving Size	Protein (g)
Nuts, Beans, Seeds and Soy:		
Beans, all types, cooked	1/2 cup	8
Lentils, cooked	1/2 cup	9
Chickpeas, cooked	1 cup	15
Hummus	2 Tbsp.	2
Almonds, Pistachios, Cashews, Peanuts	1 oz.	6
Nut butters	2 Tbsp.	8
Sunflower seeds, Flax seed meal	¼ cup	6
Chia seeds*	2 Tbsp.	6
Tofu*	1/2 cup	7
Soy milk*	1 cup	6
Soy beans (edamame)*	1/2 cup	6
Grains and Cereals:		
Kashi Go Lean*	1 cup	13
Special K Protein Plus	1 cup	12
Oatmeal, cooked	1 cup	6
Breads (Rye and Whole Wheat)	1 slice	4
Ezekiel bread*	1 slice	4
Quinoa, cooked*	1 cup	8
Brown Rice, cooked*	1 cup	5
Buckwheat, cooked*	1 cup	6
Vegetables and Fruits:		
Most fruit	1 medium	1
Peas, carrots, beets, corn	1/2 cup	2
Spinach, cooked	1/2 cup	3
Spirulina, dried	1 oz.	16
Kale, cooked	1 cup	1
Potato, skin, baked	1 medium	2
Protein Powders:		
Soy*	1 scoop	20-28
Hemp	1 scoop	12-15
Rice	1 scoop	11-17

*Complete Protein: has all 9 essential amino acids

Additional resources:

<http://www.veganhealth.org/articles/protein>

<https://www.vrg.org/nutrition/protein.php>