# Protein in Plant Foods

## Protein in Beans
1. **Adzuki Beans** 17 g
2. **Black Beans** 15 g
3. **Black Eyed Peas** 14 g
4. **Garbanzo beans** 15 g
5. **Kidney Beans** 15 g
6. **Lentils** 18 g
7. **Lima Beans** 15 g
8. **Mung Beans** 14 g
9. **Pinto Beans** 14 g
10. **Split Peas** 16 g
11. **Soy Beans** 29 g
12. **White Beans** 17 g

## Protein in Nuts
1. **Almonds** 7 g
2. **Cashews** 4 g
3. **Chia Seed** 12 g
4. **Flax Seed** 8 g
5. **Hemp Seed** 10 g
6. **Pine Nuts** 4 g
7. **Pistachios** 6 g
8. **Pumpkin Seed** 7 g
9. **Sesame Seed** 7 g
10. **Sunflower Seed** 8 g
11. **Walnuts** 5 g

## Protein in Grains
1. **Amaranth** 7 g
2. **Barley** 5 g
3. **Brown Rice** 5 g
4. **Millet** 8 g
5. **Oat Bran** 7 g
6. **Quinoa-** 5 g
7. **Rye** 7 g
8. **Spelt** 5 g
9. **Triticale** 25 g
10. **Wheat** 6 g
11. **Wild Rice** 7 g

## Protein in Veggies
1. **Artichoke** 4 g
2. **Asparagus** 2 g
3. **Avocado** 4 g
4. **Beets** 2 g
5. **Broccoli** 4 g
6. **Brussel Sprouts** 4 g
7. **Cabbage** 2 g
8. **Carrots** 2 g
9. **Cauliflower** 2 g
10. **Collard greens** 4 g
11. **Corn** 5 g
12. **Fennel** 3 g
13. **Green Beans** 2 g
14. **Kale** 2.5 g
15. **Mushrooms** 5 g
16. **Peas** 9 g
17. **Potato (with skin)** 5 g
18. **Sweet potato** 3 g
19. **Swiss Chard** 3 g
Did you know?

• Protein works to build and maintain muscles as well as keep your hair, skin, and nails healthy and strong.

• Eating animal proteins isn’t always necessary to reap these benefits — plant proteins are a source as well! Plus, they are beneficial in a variety of ecologic, economic, and health-related ways.

Take advantage of this connection by eating a diet rich in plant-based proteins. Use this chart to design protein-rich meals sourced from plant proteins.

<table>
<thead>
<tr>
<th>Plant Source</th>
<th>Serving Size</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (e.g. kidney, black, pinto)</td>
<td>1/2 cup cooked</td>
<td>7-10</td>
</tr>
<tr>
<td>Pulses (eg. lentil, chickpea, peas)</td>
<td>1/2 cup cooked</td>
<td>8-9</td>
</tr>
<tr>
<td>Nuts</td>
<td>1 oz. kernels</td>
<td>6-8</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 tablespoons</td>
<td>8</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1/2 cup cooked</td>
<td>4-5</td>
</tr>
<tr>
<td>Seeds</td>
<td>1 oz. kernels</td>
<td>6-9</td>
</tr>
<tr>
<td>Tofu, firm</td>
<td>4 oz. raw</td>
<td>10</td>
</tr>
<tr>
<td>Dark green vegetables</td>
<td>1/2 cup cooked</td>
<td>2-4</td>
</tr>
<tr>
<td>Whole grains (e.g. farro, barley, kamut, wheat berries, bulgur, quinoa, brown rice)</td>
<td>½ cup cooked; 1 oz. dry</td>
<td>2-4</td>
</tr>
</tbody>
</table>

Curious how much protein you need? Use this formula.

For Adults:
Weight in lbs × 0.37 = grams of protein needed per day

For example, a 150-lb person requires about 55 grams per day.
Plant Based Protein

Protein requirements are slightly higher for people following plant based diets because plant proteins are digested differently than animal proteins. The typical RDA for protein is 0.8 g per kg body weight. Vegan and vegetarians should consume 0.9 g protein per kg body weight. That’s about 63 grams for males and 52 grams for females (though these number change based on activity level, age, etc.). Here are just some plant based protein sources!

**Nuts & Seeds**
- **Walnuts**: 1 oz. (14 halves) 4.3 g protein
- **Almonds**: 1 oz. (about 23) 6 g protein
- **Chia seeds**: 2 tbsp. serving 6 g protein
- **Pumpkin seeds**: 1 oz. (85 seeds) 5 g protein
- **Sunflower seeds**: 3 tbsp. serving 6 g protein
- **Almond butter**: 2 tbsp. serving 7 g protein

**Legumes**
- **Lentils (cooked)**: 1/2 cup serving 9 g protein
- **Black beans (cooked)**: 1/2 cup serving 7.5 g protein
- **Edamame (cooked)**: 1/2 cup serving 8.5 g protein
- **Kidney beans (cooked)**: 1/2 cup serving 8 g protein
- **Chickpeas (cooked)**: 1/2 cup serving 7 g protein
- **Tofu**: 150 g serving 10.35 g protein
- **Tempeh**: 3 oz. serving 16 g protein
- **Black-eyed peas (cooked)**: 1/2 cup serving 7 g protein

**Whole Grains**
- **Brown rice (cooked)**: 1/2 cup 4 g protein
- **Seitan**: 3 oz. serving 21 g protein
- **Farro (cooked)**: 1/2 cup serving 7 g protein
- **Steel cut oats (cooked)**: 1/2 cup serving 6 g protein
- **Whole wheat bread**: 2 slices 7.97 g protein
- **Quinoa (cooked)**: 3.5 oz. serving 4 g protein
- **Millet (cooked)**: 1/2 cup serving 7 g protein
- **Amaranth (cooked)**: 1/2 cup serving 4.5 g protein

Lisa Beilman, Nutrition Student
VARY YOUR PROTEIN ROUTINE

PLANT PROTEINS PACK A POWERFUL PUNCH.

- From seeds and roots to leaves and fruits, plants can provide balanced and complete meals. Beans, peas, soy products, nuts, and seeds can easily meet all your protein needs.

- Plant proteins are economical, health promoting, and environmentally friendly.

- Eat plants on your terms – but aim to up the ante. Make one or two meals per week plant-based, dedicate a day to being meatless, or choose to eat vegetarian.

To learn more, visit cafebonappetit.com