

COMPREHENSIVE CHART OF VEGAN PROTEIN SOURCES

★ Contain all of the Essential Amino Acids



NUTS AND SEEDS

(1 ounce or 28-30 grams)

- | | |
|------------------------------|-----------------------------------|
| Walnuts: 4.5 grams | Flaxseeds: 6 grams |
| Almonds: 6 grams | Hemp seeds: 9.5 grams ★ |
| Cashews: 4.5 grams | Sunflower seeds: 5.5 grams |
| Chia Seeds: 6 grams ★ | Pumpkin seeds: 8.5 grams |



LEGUMES

(1/2 cup canned or 80-93 grams)

- | | |
|-----------------------------|------------------------------|
| Black beans: 8 grams | Kidney beans: 8 grams |
| Pinto beans: 7 grams | Lentils: 8 grams |
| Chickpeas: 7.5 grams | Peas: 8 grams |



SOY PRODUCTS AND VEGAN MEATS

(Similar serving sizes)

- | |
|---|
| Tofu: 4 grams (3 ounces or 85 grams) |
| Tempeh: 13 grams (3/4 cup or 100 grams) |
| Seitan: 19 grams (3 ounces or 100 grams) |
| Beyond Meat Meatballs: 20 grams (5 total, 100 grams) |
| Impossible Burger: 19 grams (1 patty, 113 grams) |



FRUITS AND VEGETABLES

(Similar serving sizes)

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|--|
| Broccoli: 2.5 grams (1 raw cup or 90 grams) |
| Sweet potato: 2 grams (1 medium = 150-grams) |
| Artichoke: 3 grams (1 small veggie, 90 grams) |
| Spinach: 2 grams (3 raw cups = 85 grams) |
| Banana: 1.5 grams (1 fruit, 125 grams) |
| Blackberries: 2 grams (1 cut = 145 grams) |
| Guava: 4.5 grams (1 cup = 165 grams) |



GRAINS

(1/2 cup cooked or 100-126 grams)

- | | |
|----------------------------|-----------------------------------|
| Quinoa: 4.5 grams ★ | Buckwheat: 3 grams ★ |
| Brown rice: 3 grams | Hemp seeds: 9.5 grams |
| Amaranth: 4.7 grams | Sunflower seeds: 5.5 grams |
| Millet: 3.5 grams | Pumpkin seeds: 8.5 grams |



NONDAIRY MILK

(1/2 cup or 240 ml)

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|--------------------------|
| Soy milk: 6 grams |
| Pea milk: 6 grams |

NOTE: BLUE GREEN ALGAE

Spirulina Powder (1 serving) = 66g protein ★



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