

Vegan protein sources

Food	Serving size	Protein (g)	Energy (kJ)	Food	Serving size	Protein (g)	Energy (kJ)
Almond milk plain, unsweetened	1 cup	1.4	151	Pumpkin seeds	¼ cup (28 g)	9	660
Soy milk, regular	1 cup	6.4	438	Flax seeds	3 tbsp (28 g)	5.2	632
Oat milk	1 cup (243 g)	4.7	544	Sunflower seeds	3 tbsp (25 g)	5.2	611
Oats, raw	1 cup (95 g)	12.5	1,505	Chia seeds	3 tbsp (28 g)	4.7	577
Brown rice, medium-grain, cooked	1 cup (195 g)	4.5	913	Hemp seeds	3 tbsp (30 g)	9.4	816
Quinoa, cooked	1 cup (185 g)	8	928	Sesame seeds	3 tbsp (28 g)	5	664
Lentils, boiled	1 cup (198 g)	18	961	Tahini	1 tbsp (15 g)	2.5	372
Tofu, firm, raw	½ cup (126 g)	22	760	Chickpeas, cooked	1 cup (164 g)	14.5	1,126
Tempeh, cooked	100 g	19	821	Kidney beans, cooked	1 cup (177 g)	15.3	942
Soybeans, boiled	1 cup (172 g)	29	1,248	Pinto beans, boiled	1 cup (171 g)	15.4	1,026
Edamame, in pod, cooked	1 cup (93 g)	11.1	470	Adzuki beans, boiled	1 cup (230 g)	17.3	1,231
Almonds, raw	~ 23 nuts (28 g)	6	687	White/Cannellini beans, boiled	1 cup (180 g)	17.4	1,043
Pistachios, raw	~ 50 nuts (28 g)	5.7	664	Mushrooms, raw	1 cup (70 g)	2.2	65
Cashew nuts, raw	~ 20 nuts (28 g)	5.1	649	Broccoli, raw, chopped	1 cup (96 g)	3	130
Walnuts, raw	~ 14 halves (28 g)	4.3	776	Brussel Sprouts, boiled	½ cup (78 g)	2	117
Peanuts, raw	½ cup (73 g)	19	1735	Spirulina, dried	1 tbsp (7 g)	4	85
Peanut butter, no added sugar	1 tbsp (16 g)	3.9	394	Nutritional yeast	1 tbsp (5 g)	3	84