

# Powering Up on Plant Protein

Can I get enough protein eating a plant-based diet? The answer is yes! If appropriately planned, vegetarian or vegan diets can be healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases. Being a healthy vegetarian or vegan eater means loading up on veggies, fruit, whole grains and lean protein. This handout provides versatile plant-based sources of protein that fit into a healthy eating plan.

Protein Sources	Amount	Protein (g)
Tempeh	1 cup	34
Soybeans, cooked	1 cup	31
Plant-based burger	1 patty	Approx. 20
Seitan	3 oz.	21
Protein Powder (Vega)	1 scoop	20
Lentils, cooked	1 cup	18
Beans: black, kidney, chickpeas, pinto, lima, cooked	1 cup	15
Tofu, extra firm	4 oz.	12
Textured Vegetable Protein	½ cup	12
Bagel (multigrain)	1 med (3.5 oz.)	12
Plant-based hot dog	1 link	Approx. 10
Silk Protein & Nut Milk	1 cup	10
Peas, cooked	1 cup	9
Quinoa, cooked	1 cup	8
Natural peanut or almond butter	2 Tbsp.	8
Whole wheat bread (Nature's Own, Dave's Killer, Ezekiel)	1 slice	4-8
Oatmeal, dry	2 oz.	7
Spaghetti, cooked	1 cup	7
Almonds	1 oz.	6
Soy yogurt, plain	8 oz.	6
Sunflower seeds	¼ cup	6
Cashews	1 oz.	5
Spinach, cooked	1 cup	5
Flaxseed	1 oz.	5
Broccoli, cooked	1 cup	4
Chia seeds	1 oz.	4

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