



## Protein in Vegetarian Food - Chart

### Protein in Plant Foods

The charts below, using figures from the USDA Nutrient Database, list the protein content of the plant-based foods. People are often surprised to learn that all plant foods contain protein. In fact, it is protein that gives all plants their structure. Whether plants grow upright or sprawl on a vine, protein is a basic component of their cell structure.

### Protein in Raw Nuts and Seeds (shelled)

Nut/Seed (1/4 cup)	Protein Grams
Almond	7
Brazil nut	5
Cashew	4
Chestnut	1
Coconut (shredded)	2
Filbert/Hazelnut	5
Flax seed	5
Macadamia	2
Peanut	8
Pecan	2
Pine nut	4
Pistachio	6
Pumpkin seed	7
Sesame seed	7
Soynut	10
Sunflower seed	8

Walnut	5
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Protein in Beans (cooked)	
Bean 1 cup	Protein Grams
Adzuki (Aduki)	17
Anasazi	15
Black Beans	15
Black-eyed Peas	14
Cannellini (White Beans)	17
Cranberry Bean	17
Fava Beans	13
Garbanzos (Chick Peas)	15
Great Northern Beans	15
Green Peas, whole	9
Kidney Beans	15
Lentils	18
Lima Beans	15
Mung Beans	14
Navy Beans	16
Pink Beans	15
Pinto Beans	14
Soybeans	29
Split Peas	16

Protein in Grains (cooked)	
Grain 1 cup	Protein Grams

Amaranth	7
Barley, pearled	4 to 5
Barley, flakes	4
Buckwheat groats	5 to 6
Cornmeal (fine grind)	3
Cornmeal (polenta, coarse)	3
Millet, hulled	8.4
Oat Groats	6
Oat, bran	7
Quinoa	5
Rice, brown	3 to 5
Rice, white	4
Rice, wild	7
Rye, berries	7
Rye, flakes	6
Spelt, berries	5
Teff	6
Triticale	25
Wheat, whole berries	6 to 9
Couscous, whole wheat	6
Wheat, bulgur	5 to 6

## Protein in Meat, Chicken, Fish Substitutes

Product	Serving Size	Protein Grams
Boca Burger Original Vegan	2.5 oz	13
Garden of Eatin' Veggie Patties	2.5 oz	9
Health is Wealth Chicken-Free Patties	3 oz.	14
Health is Wealth Yummie Burger	2.5 oz.	12

Lightlife Gimme Lean	2oz.	8
Lightlife Smart Cutlets Seasoned Chicken	3 oz.	26
Lightlife Smart Deli Combos	2.7 oz.	17
Lightlife Smart Dogs	1.5 oz.	9
Mon Cuisine Breaded Chicken Patties	3 oz.	7
Morningstar Farms Original Grillers	2.3 oz	15
Nate's Meatless Meatballs (3)	1.5 oz	10
Natural Touch Vegan Burger	2.7 oz	11
Natural Touch Veggie Medley	2.3 oz	11
SoyBoy Vegan Okara Burger	3 oz.	13
SoyBoy Vegetarian Franks	1.5 oz.	11
Starlite Cuisine Soy Taquitos	2 oz.	7
White Wave Seitan	3 oz.	31
Whole Foods 365 Meat Free Vegan Burger	2.5 oz.	13
Yves Canadian Veggie Bacon (3 slices)	2 oz.	17
Yves Veggie Burger	3 oz.	16
Yves Veggie Chick'n Burgers	3 oz.	17
Yves Veggie Dogs	1.6 oz.	11

**\*not recommended as I don't like "fake foods"**

Protein in Hot Cereals (cooked)		
Cereal	Cup	Protein Grams
Arrowhead Mills Corn Grits	1/4	3
Arrowhead Mills 7 Grain	1/4	4
Bob's 8 Grain	1/4	4
Bob's 10 Grain	1/4	6
Bob's Kamut	1/4	5
Bob's Triticale	1/4	4

Bob's Whole Grain Cracked Wheat	1/4	5
Cream of Rye	1/3	5
Kashi	1/2	6
Mother's Multigrain	1/2	5
Quaker Old Fashioned Oats	1/2	5
Quinoa Flakes	1/3	3
Roman Meal Hot Cereal	1/3	5
Wheatena	1/3	5

## Protein in Fresh Vegetables (cooked)

Vegetable	Serving	Protein Grams
Artichoke	medium	4
Asparagus	5 spears	2
Beans, string	1 cup	2
Beets	1/2 cup	1
Broccoli	1/2 cup	2
Brussels Sprouts	1/2 cup	2
Cabbage	1/2 cup	1
Carrot	1/2 cup	1
Cauliflower	1/2 cup	1
Celeriac	1 cup	1
Celery	1 cup	1
Chard, Swiss	1 cup	3
Chayote	1 cup	1
Chives	1 tablespoon	0.10
Collards	1 cup	4
Corn, Sweet	1 large cob	5
Cucumber	1 cup	1

Eggplant	1 cup	1
Fennel	1 medium bulb	3
Jerusalem Artichoke	1 cup	3
Kale	1 cup	2.5
Kohlrabi	1 cup	3
Leeks	1 cup	1
Lettuce	1 cup	1
Okra	1/2 cup	1
Onion	1/2 cup	1
Parsnip	1/2 cup	1
Peas	1/2 cup	4
Peppers, bell	1/2 cup	1
Potato, baked with skin	2 1/3 x 4 3/4"	5
Potato, boiled with skin	1/2 cup	1
Radish	1 cup	1
Rhubarb	1 cup	1
Rutabaga	1 cup	2
Spinach	1 cup	1
Squash, Summer	1 cup	2
Squash, Winter	1 cup	2
Sweet Potato	1 cup	3
Tomato	1 medium	1
Turnip	1 cup	1

### Protein in Fruits (raw)

Fruit	Serving	Protein Grams
Apple	2 per lb.	0
Apricot	med.	0
Avocado	med.	4
Banana	1	1 to 2

Blackberry	cup	2
Blueberry	cup	1
Boysenberry	cup	1
Cantaloupe	cup	1
Casaba Melon	cup	2
Cherimoya	1	7
Cherry	cup	1
Cranberry	cup	0
Currant	cup	2
Date(pitted)	1/4 cup	1
Durian	1 cup	4
Feijoa	med.	1
Fig	1	0
Gooseberry	cup	1
Grape	cup	1
Grapefruit	1/2	1
Guava	med.	1
Honeydew	cup	1
Jackfruit	cup	2
Jujube, dried	1 oz.	1
Kiwi	large	1
Kumquat	med.	0
Lemon	1	1
Lime	1	0
Loganberry	cup	1.4
Loquat	1	0
Mango	1	1
Mulberry	cup	2
Nectarine	1	1
Orange	1	1
Papaya	cup	1
Passionfruit	1	0

Peach	1	1
Pear	1	1
Persimmon	1	0
Pineapple	cup	1
Plum	1	1
Pomegranate	1	1.5
Pomelo	1/2	2.3
Prickly Pear	med.	1
Quince	med.	.4
Raspberry	cup	1
Rhubarb	cup	1
Sapote	med.	5
Star Fruit	cup	1
Strawberry	cup	1
Tangerine	med.	1
Watermelon	cup	1

## Protein in Nut Butters

<b>Nut/Seed (2 Tablespoons)</b>	<b>Protein Grams</b>
Almond	5 to 8
Cashew	4 to 5
Peanut	7 to 9
Sesame Tahini	6
Soy Nut	6 to 7

## Protein in Milk Substitutes

<b>Beverage 1 cup</b>	<b>Protein Grams</b>
Soy Regular	6 to 9
Soy Low/Nonfat	4
Rice	1



Rice and Soy	7
Almond	1 to 2
Oat	4
Multigrain	5

### Protein in Soy Products

Product	Serving Size	Protein Grams
Tofu Medium to Extra Firm	3 oz.	7 to 12
Tofu Soft or Silken	3 oz.	4 to 6
Tempeh	4 oz.	12 to 20
Textured Vegetable Protein TVP	1/4 cup	10 to 12

### References

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*USDA National Nutrient Database for Standard Reference.*

<http://www.nal.usda.gov/fnic/foodcomp/search/>