

Vegetarian Protein Sources

Food Sources of Protein	Serving Size	Protein (grams)
Soy Foods		
Firm tofu	4 oz	13
Tempeh	3 oz	16
Seitan (Wheat Gluten)	2 oz	14
Textured soy protein	½ cup	11
Soy Burger	1	11
Miso paste	2 tbsp	4
Grains		
Amaranth (cooked)	½ cup	5
Barley (cooked)	½ cup	4
Buckwheat (cooked)	½ cup	3
Millet (cooked)	½ cup	3
Oats (cooked)	½ cup	3
Quinoa (cooked)	½ cup	4
Brown Rice (cooked)	½ cup	3
White Rice (cooked)	½ cup	2
Bread	1 slice	1-5
Flour tortilla- 6"	1	3
Beans and Legumes		
Whole beans	½ cup	7
Lentils	½ cup	9
Refried beans	½ cup	8
Dairy		
Milk, cow or goat	1 cup	8
Cottage Cheese	½ cup	16
American cheese	1 oz	6
Hard cheeses	1 oz	7
Yogurt, regular or frozen	1 cup	10
Non-dairy foods		
Soy milk	1 cup	7
Almond milk	1 cup	2
Rice milk	1 cup	1
Soy cheese	1 oz	4
Soy yogurt	1 cup	6
Eggs, Nuts and Seeds		
Whole egg	1	7
Nuts	¼ cup	8
Seeds	2 tbsp	3
Nut butter	2 tbsp	8
Seed butter	2 tbsp	5

Source: Bastyr Center for Natural Health