

## **VEGETARIAN PROTEIN SOURCES**

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	Food Sources of Protein	Serving Size	Protein (grams)
Tempeh	Soy Foods		
Seitan (Wheat Gluten)         2 oz         14           Textured soy protein         ½ cup         11           Soy Burger         1         11           Miso paste         2 tbsp         4           Grains	Firm tofu	4 oz	13
Textured soy protein	Tempeh	3 oz	16
Soy Burger         1         11           Miso paste         2 tbsp         4           Grains         3         4           Amaranth (cooked)         ½2 cup         5           Barley (cooked)         ½2 cup         4           Buckwheat (cooked)         ½2 cup         3           Millet (cooked)         ½2 cup         3           Oats (cooked)         ½2 cup         4           Brown Rice (cooked)         ½2 cup         2           Brown Rice (cooked)         ½2 cup         2           Bread         ½2 cup         2           Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         3         7           Whole beans         ½2 cup         7           Lentils         ½2 cup         9           Refried beans         ½2 cup         9           Refried beans         ½2 cup         9           Refried beans         ½2 cup         8           Dairy         Milk, cow or goat         1 cup         8           Cottage Cheese         ½2 cup         16           American cheese         1 oz         7	Seitan (Wheat Gluten)	2 oz	14
Miso paste         2 tbsp         4           Grains         Framework         Framework           Barley (cooked)         ½ cup         5           Barley (cooked)         ½ cup         4           Buckwheat (cooked)         ½ cup         3           Millet (cooked)         ½ cup         3           Millet (cooked)         ½ cup         4           Brown Rice (cooked)         ½ cup         4           Brown Rice (cooked)         ½ cup         2           Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         3         7           Whole beans         ½ cup         7           Lentills         ½ cup         7           Refried beans         ½ cup         8           Dairy         8           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         7           Almond milk         1 cup         2           <	Textured soy protein	¹⁄2 cup	11
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         3           Brown Rice (cooked)         ½ cup         3           White Rice (cooked)         ½ cup         3           White Rice (cooked)         ½ cup         2           Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         3         7           Whole beans         ½ cup         7           Lentils         ½ cup         7           Refried beans         ½ cup         8           Dairy         8           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         7           Almond milk         1 cup         2	Soy Burger	1	11
Amaranth (cooked)         ½ c cup         5           Barley (cooked)         ½ c cup         4           Buckwheat (cooked)         ½ c cup         3           Millet (cooked)         ½ c cup         3           Oats (cooked)         ½ c cup         3           Quinoa (cooked)         ½ c cup         4           Brown Rice (cooked)         ½ c cup         3           White Rice (cooked)         ½ c cup         2           Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         ************************************	Miso paste	2 tbsp	4
Barley (cooked)         1/2 cup         4           Buckwheat (cooked)         1/2 cup         3           Millet (cooked)         1/2 cup         3           Oats (cooked)         1/2 cup         3           Ouinoa (cooked)         1/2 cup         4           Brown Rice (cooked)         1/2 cup         3           White Rice (cooked)         1/2 cup         2           Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         1/2 cup         7           Whole beans         1/2 cup         7           Lentils         1/2 cup         9           Refried beans         1/2 cup         8           Dairy         8           Dairy         8           Dairy         8           Dairy         8           Dairy         8           Dairy         9           Refried beans         1/2 cup         8           Dairy         8           Dairy         9         8           Dairy         9         8           Cottage Cheese         1 oz         6           Hard Cheeses <td>Grains</td> <td></td> <td><del>-</del></td>	Grains		<del>-</del>
Buckwheat (cooked)   1/2 cup   3   Millet (cooked)   1/2 cup   3   3   Millet (cooked)   1/2 cup   3   3   3   Millet (cooked)   1/2 cup   3   3   3   Millet (cooked)   1/2 cup   3   3   Millet (cooked)   1/2 cup   4   Millet Rice (cooked)   1/2 cup   2   Millet Rice   1-5   Millet Rice   1-5   Millet Rice   1-5   Millet Rice   1/2 cup   7   Millet Rice   1/2 cup   9   Millet Rice   1/2 cup   1/2 cup	Amaranth (cooked)	¹⁄₂ cup	5
Millet (cooked)       1/2 cup       3         Oats (cooked)       1/2 cup       3         Quinoa (cooked)       1/2 cup       4         Brown Rice (cooked)       1/2 cup       2         Bread       1 slice       1-5         Flour tortilla- 6"       1       3         Beans and Legumes         Whole beans       1/2 cup       7         Lentils       1/2 cup       9         Refried beans       1/2 cup       8         Dairy         Milk, cow or goat       1 cup       8         Cottage Cheese       1/2 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       6         Soy yogurt       1 cup       6         Eggs, Nuts, and Seeds       1 cup       8         Whole egg       1       7         Nuts       1/4 cup       8         Seeds       2 tbsp <td>Barley (cooked)</td> <td>¹⁄2 cup</td> <td>4</td>	Barley (cooked)	¹⁄2 cup	4
Oats (cooked)       1/2 cup       3         Quinoa (cooked)       1/2 cup       4         Brown Rice (cooked)       1/2 cup       3         White Rice (cooked)       1/2 cup       2         Bread       1 slice       1-5         Flour tortilla- 6"       1       3         Beans and Legumes         Whole beans       1/2 cup       7         Lentils       1/2 cup       9         Refried beans       1/2 cup       8         Dairy         Milk, cow or goat       1 cup       8         Cottage Cheese       1 oz       6         Hard cheese       1 oz       7         Hord cheese       1 oz       7         Yogurt, regular or frozen       1 cup       7         Almond milk       1 cup       2         Refried beans       1 oz       4	Buckwheat (cooked)	<sup>1</sup> / <sub>2</sub> cup	3
Oats (cooked)       1/2 cup       3         Quinoa (cooked)       1/2 cup       4         Brown Rice (cooked)       1/2 cup       3         White Rice (cooked)       1/2 cup       2         Bread       1 slice       1-5         Flour tortilla- 6"       1       3         Beans and Legumes         Whole beans       1/2 cup       7         Lentils       1/2 cup       9         Refried beans       1/2 cup       8         Dairy         Milk, cow or goat       1 cup       8         Cottage Cheese       1 oz       6         Hard cheese       1 oz       7         Hord cheese       1 oz       7         Yogurt, regular or frozen       1 cup       7         Almond milk       1 cup       2         Refried beans       1 oz       4	Millet (cooked)	¹⁄2 cup	3
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 yogurt         1 cup         6           Eggs, Nuts, and Seeds         1 cup         6           Whole egg         1         7           Nuts         ¼ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8 </td <td>Oats (cooked)</td> <td></td> <td>3</td>	Oats (cooked)		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 gourt       1 cup       6         Eggs, Nuts, and Seeds       1 cup       6         Whole egg       1       7         Nuts       ½ cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       3	Quinoa (cooked)	¹⁄2 cup	4
Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         Vacup         7           Whole beans         ½ cup         9           Refried beans         ½ cup         8           Dairy         Wilk, 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 gogurt         1 cup         6           Eggs, Nuts, and Seeds         Whole egg         1         7           Nuts         ¼ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Brown Rice (cooked)	<sup>1</sup> / <sub>2</sub> cup	3
Bread         1 slice         1-5           Flour tortilla- 6"         1         3           Beans and Legumes         Vacup         7           Whole beans         ½2 cup         9           Refried beans         ½2 cup         8           Dairy         Wilk, cow or goat         1 cup         8           Cottage Cheese         ½2 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 gogurt         1 cup         6           Eggs, Nuts, and Seeds         1 cup         6           Whole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	White Rice (cooked)	<sup>1</sup> / <sub>2</sub> cup	2
Beans and Legumes   1/2 cup   7	Bread		1-5
Whole beans         1/2 cup         7           Lentils         1/2 cup         9           Refried beans         1/2 cup         8           Dairy           Milk, cow or goat         1 cup         8           Cottage Cheese         1/2 cup         16           American cheese         1 oz         6           Hard cheeses         1 oz         7           Yogurt, regular or frozen         1 cup         10           Non-dairy Foods         1 cup         7           Soy milk         1 cup         7           Almond milk         1 cup         2           Rice milk         1 cup         1           Soy cheese         1 oz         4           Soy gogurt         1 cup         6           Eggs, Nuts, and Seeds         1         7           Nuts         1/4 cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Flour tortilla- 6"	1	3
Whole beans         1/2 cup         7           Lentils         1/2 cup         9           Refried beans         1/2 cup         8           Dairy           Milk, cow or goat         1 cup         8           Cottage Cheese         1/2 cup         16           American cheese         1 oz         6           Hard cheeses         1 oz         7           Yogurt, regular or frozen         1 cup         10           Non-dairy Foods         1 cup         7           Soy milk         1 cup         7           Almond milk         1 cup         2           Rice milk         1 cup         1           Soy cheese         1 oz         4           Soy gogurt         1 cup         6           Eggs, Nuts, and Seeds         1         7           Nuts         1/4 cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Beans and Legumes		
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 gogurt       1 cup       6         Eggs, Nuts, and Seeds       1       7         Nuts       ½ cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	Whole beans	<sup>1</sup> /2 cup	7
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         5oy milk         1 cup         7           Almond milk         1 cup         2           Rice milk         1 cup         1           Soy cheese         1 oz         4           Soy gogurt         1 cup         6           Eggs, Nuts, and Seeds         1         7           Whole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Lentils		9
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       1       7         Whole egg       1       7         Nuts       ½ cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	Refried beans		8
Cottage Cheese       1/2 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       2         Whole egg       1       7         Nuts       1/4 cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	Dairy	<u> </u>	
Cottage Cheese       1/2 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       2         Whole egg       1       7         Nuts       1/4 cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	Milk, cow or goat	1 cup	8
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       2       1         Whole egg       1       7         Nuts       1/4 cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8			16
Yogurt, regular or frozen       1 cup       10         Non-dairy Foods       1 cup       7         Soy milk       1 cup       2         Almond milk       1 cup       1         Rice milk       1 cup       1         Soy cheese       1 oz       4         Soy yogurt       1 cup       6         Eggs, Nuts, and Seeds       1       7         Nuts       1/4 cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	American cheese		6
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         Vhole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Hard cheeses	1 oz	7
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         Vhole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Yogurt, regular or frozen	1 cup	10
Almond milk       1 cup       2         Rice milk       1 cup       1         Soy cheese       1 oz       4         Soy yogurt       1 cup       6         Eggs, Nuts, and Seeds       2         Whole egg       1       7         Nuts       ½ cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8			
Almond milk       1 cup       2         Rice milk       1 cup       1         Soy cheese       1 oz       4         Soy yogurt       1 cup       6         Eggs, Nuts, and Seeds       2         Whole egg       1       7         Nuts       ½ cup       8         Seeds       2 tbsp       3         Nut butter       2 tbsp       8	Soy milk	1 cup	7
Rice milk         1 cup         1           Soy cheese         1 oz         4           Soy yogurt         1 cup         6           Eggs, Nuts, and Seeds	Almond milk	<u> </u>	2
Soy cheese         1 oz         4           Soy yogurt         1 cup         6           Eggs, Nuts, and Seeds	Rice milk	<u> </u>	1
Soy yogurt         1 cup         6           Eggs, Nuts, and Seeds         Seeds         1         7           Nuts         ½ cup         8         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	Soy cheese		
Eggs, Nuts, and Seeds         1         7           Whole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8	_		6
Whole egg         1         7           Nuts         ½ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8		·	
Nuts         ¼ cup         8           Seeds         2 tbsp         3           Nut butter         2 tbsp         8		1	7
Seeds 2 tbsp 3 Nut butter 2 tbsp 8	Nuts		
Nut butter 2 tbsp 8	Seeds		
'	Nut butter	<u> </u>	
	Seed butter	2 tbsp	5

Source: Bastyr Center for Natural Health