



## Vegan Protein Sources

Protein is an important nutrient part of life and nutrition. Protein helps build and repair body tissues, make enzymes, hormones, and is a building block for bone, blood, skin, cartilage, and muscle. Protein is largely found in animal sources, so it is important to still get enough protein as a part of your vegan diet to stay healthy. Here are some examples of how to include protein in:

Nuts, Beans, Seeds, Soy...	Serving Size	Protein (g)
Beans, all types, cooked	½ c	8
Lentils, cooked	½ c	9
Almonds, pistachios, cashews, peanuts	1 oz (1/4c)	6
Nut Butters	2 Tbsp	8
Trader Joe's high protein tofu	1/5 package	13
Soy milk	1c	6
Tempeh	½ c	16
Chia seeds	2 Tbsp	6

Grains and Cereals	Servings Size	Protein (g)
Quinoa, cooked	1c	8
Ezekiel bread	1 slice	4
Dave's Killer Bread 21 grains	1 slice	5
Brown rice	1c	5
Oatmeal, cooked	1c	6
Buckwheat, cooked	1c	6

Others...	Serving Size	Protein (g)
Spirulina, dried	1 oz	16
Nutritional Yeast	2 Tbsp	8
'Orgain organic protein'	1 scoop	21
'KOS organic superfood plant protein'	1 scoop	20
'Gold Standard Plant protein'	1 scoop	24
Tempeh	3 oz	18
Tofu	3 oz	8
Beyond Burger'	1 burger	21g



## Complete Vegan Protein Sources

A complete protein is a protein that has all 9 essential amino acids, however not all plant protein options contain all 9.

**Complete Proteins:** Soy based products, Quinoa, Buckwheat, Hemp, Chia, Spirulina, Tempeh

**Below are pairings that ensure complete protein:**

**Simple equation:** Legumes + Nuts/Seeds/Whole-grains

Beans + Rice

Toast + Nut Butter

Lentil Soup + Bread Roll

Pita Chips + Hummus