



PLANT PROTEIN

PRINT OUT AND KEEP IN YOUR WALLET/PURSE FOR REFERENCE

| NAME | AMT | PROT (G) | NAME | AMT | PROT (G) | NAME | AMT | PROT (G) |
|--------------------|---------|----------|----------------------|--------|----------|---------------------|--------|----------|
| ALMONDS | ¼ C | 8.0 | COLLARDS | 1 C | 1.0 | NUT BUTTER (CASHEW) | ¼ C | 12.0 |
| AMARANTH | 1 C | 9.35 | CUCUMBER | 1 C | 1.0 | NUTRITIONAL YEAST | ¼ C | 16.0 |
| APPLE | 1 | 0.5 | DULSE | 1 C | 6.0 | OATMEAL | 1 C | 14.0 |
| APRICOT | 1 C | 2.31 | EGGPLANT | 1 C | 0.83 | OLIVES (BLACK) | 12 | 0.44 |
| ARTICHOKE (COOKED) | 1 | 3.47 | FIGS | 3 | 1.5 | ONION | 1 | 0.82 |
| ARUGULA | 1 C | 5.16 | FLAX SEED | ¼ C | 7.6 | ORANGE | 1 | 1.23 |
| ASPARAGUS | 1 C | 4.32 | FORBIDDEN RICE (DRY) | ½ C | 10.0 | PARSLEY | 1 C | 1.8 |
| AVOCADO | 1 | 4.02 | GINGER ROOT | ¼ C | 0.44 | PEACH | 1 | 1.36 |
| BANANA | 1 C | 1.64 | GRAPEFRUIT | 1 | 1.45 | PEAR | 1 | 0.68 |
| BEET | 1 C | 2.19 | GRAPES | 1 C | 1.09 | PECANS | ¼ C | 5.0 |
| BLACK BEANS | 1 C | 15.24 | GREEN BEANS | 1 C | 1.83 | PINE NUTS | ½ C | 9.24 |
| BLACKBERRIES | 1 C | 2.0 | GREEN PEAS | 1 C | 1.83 | PLANTAINS | 1 | 2.33 |
| BLUEBERRIES | 1 C | 1.1 | HEMP SEED | 3 tbsp | 9.0 | PUMPKIN SEEDS | ½ C | 19.5 |
| BROCCOLI | 1 C | 2.57 | HONEY (RAW) | ¼ C | 0.0 | RASPBERRIES | 1 C | 1.48 |
| BROWN RICE | 1 C | 4.52 | KALE | 1 C | 2.21 | RED PEPPER | 1 | 1.18 |
| BRUSSELS SPROUTS | 1 C | 4.0 | KIDNEY BEANS | 1 C | 7.73 | ROSEMARY | 2 tbsp | 0.12 |
| BUCKWHEAT (COOKED) | 1 C | 5.68 | KIWI | 1 C | 2.05 | QUINOA | 1 C | 24.0 |
| BUTTERNUT SQUASH | 1 C | 1.84 | KOMBU | 1 C | 3.0 | SESAME SEEDS | ¼ C | 6.38 |
| CABBAGE | 1 C | 1.14 | LEMON | 1 | 0.92 | SPINACH | 1 C | 0.86 |
| CANNELLINI BEANS | 1 C | 15.3 | LENTILS (COOKED) | 1 C | 18.0 | SPIRULINA | 1 tbsp | 4.0 |
| CANTALOUPE | 1 C | 1.49 | MACADAMIA NUTS | 1 C | 10.6 | STRAWBERRIES | 1 C | 0.96 |
| CARROTS | 1 C | 1.19 | MACA ROOT POWDER | 1 tbsp | 4.0 | SUCANAT | 1 tbsp | 0.0 |
| CASHEWS | 1 C | 11.0 | MANGO | 1 | 1.06 | SUNFLOWER SEEDS | 1 C | 9.56 |
| CAULIFLOWER | 1 C | 2.05 | MAPLE SYRUP | ¼ C | 0.0 | SWEET POTATO | 1 | 2.29 |
| CELERY | 1 C | 0.7 | MEDJOO DATES | ½ C | 1.72 | TAHINI | ¼ C | 12.0 |
| CILANTRO | 1 C | 0.36 | MESQUITE POWDER | ¼ C | 4.0 | TEFF GRAIN | 1 C | 26.0 |
| CHARD | 1 C | 0.65 | MILLET (COOKED) | 1 C | 6.11 | TOMATOES | 1 | 1.08 |
| CHERRIES | 1 C | 1.46 | MISO (BROWN RICE) | 1 tbsp | 2.0 | WALNUTS | ¼ C | 8.0 |
| CHIA SEED | 1 OZ | 4.69 | MIXED GREENS | 2 C | 1.0 | WATERCRESS | 1 | 1.0 |
| CHICKPEAS | 1 C | 14.53 | MOLASSES | ¼ C | 0.0 | WATERMELON | 2 C | 1.74 |
| CHLORELLA | 40 TABS | 10.0 | MUSHROOMS (PORTO) | 1 C | 5.0 | WILD RICE | 1 C | 7.0 |
| COCOA POWDER | 1 C | 17.0 | MUSTARD GREENS | 1 C | 4.0 | YELLOW SQUASH | 1 C | 1.28 |
| COCONUT (THAI) | 1 C | 2.7 | NUT BUTTER (ALMOND) | ¼ C | 16.0 | ZUCCHINI | 1 C | 1.87 |

HOW DO I GET ENOUGH PROTEIN ON A PLANT-BASED DIET?

A very popular question. Even if you aren't on a plant-based diet, do you know how much protein you should be eating on a daily basis?

HOW MUCH PROTEIN DO WE NEED?

The important question. In the United States, the Dietary Reference Intake (DRI) for protein is 0.8 to 1.0 grams of protein per kilogram of body weight. To calculate your weight in kilograms, divide your weight in pounds by 2.2. That number is about how many grams you need each day. Approximately 15-25% of your total calories should be from protein sources. Although protein is certainly an essential nutrient, which plays many key roles in the way our bodies function, we do not need huge quantities of it. If you're consuming a variety of clean, whole foods, you should get all the protein you need.

This chart is for reference only, since it's recommend that you think of food in its "wholeness"—its natural, plant-based complexity. Excellent nutrition is truly about balance and variety. For example, everything that makes up a carrot is important for good health, not just the beta carotene, or the vitamin C, but the whole carrot. It's packaged how Mother Nature designed—a symphony of nutrients, fiber and a large assortment of protective compounds, most of which still remain unnamed (and undiscovered). Imagine that.

- Seeds/Grain/Grass
- Nuts
- Legumes
- Vegetables/Greens/Herbs
- Fruit
- C Cup