



A COMPREHENSIVE GUIDE TO VEGAN SOURCES OF PROTEIN



GRAINS & PASTA - PER 100G DRY SERVING

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
BLACK BEAN PASTA	45.1	16.2	3.6	
ADZUKI BEAN PASTA	37	45.9	4.9	
CHICKPEA PASTA	24.7	56.1	6.1	
POWER PASTA RED LENTIL ROTINI	24.7	65.8	1.2	
BARILLA PROTEIN PLUS ROTINI	17.6	67	3.5	
WILD RICE	14.7	74.9	1.1	
OATMEAL	14.1	67	7.1	
TEFF	13.3	73.1	2.4	
BUCKWHEAT	13.2	3.4	3.4	
QUINOA	13.1	68.9	5.8	
COUS COUS	12.8	78	0.6	
MILLETT	11	72.8	4.2	
CORNMEAL	7	72.8	1.8	



BREADS - PER 1 SLICE/POCKET

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
COBBLESTONE WHOLE GRAIN BREAD	6	22	1.5	W
EZEKIEL 4:9 BREAD	5	17.5	0.6	W
ALVARADO ST BAKERY CALIFORNIA STYLE	5	15	0	
TRADER JOE'S PITA BREAD	4.1	19.1	0.7	W
DAVE'S KILLER THIN SLICE WHOLE GRAIN	3	12	1	



NUTS & SEEDS - PER 2 TBSP

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
PEANUT BUTTER	7	8	16	N
ALMOND BUTTER	7	6	18	N
SUNFLOWER BUTTER	7	7	16	N
PEANUTS	6.9	4.5	13.8	N
HEMP HEARTS	6.7	2	9.3	
PISTACHIOS	6	8	13	N
ALMONDS	6	6	14	N
PUMPKIN SEEDS	6	2.2	10	
BRAZIL NUTS	4	3	18	N
SESAME SEEDS	3.2	3	8.9	



MEAT ALTERNATIVES - PER 100G SERVING SIZE

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
TOFRUKY ITALIAN SAUSAGE	30	8	16	W, S
SEITAN	28	6	18	W
BEYOND MEAT BEAST BURGER (1 PATTY)	23	7	16	
QUORN CHICKEN BURGER (2 PATTIES)	20	4.5	13.8	W, E
GARDEINS MEATLESS MEATBALLS	17	2	9.3	W, S
LIGHTLIFE TEMPEH	18.8	8	13	S
BOCA BURGER (1 PATTY)	13	6	14	W, S
AMY'S ALL AMERICAN VEGGIE BURGER (1 PATTY)	13	2.2	10	W, S
TOFU	10.6	3	18	S

W = contains wheat; S = contains soy; N = contains nuts; E = contains egg whites



LEGUMES & BEANS – PER 100G RAW SERVING

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
SPLIT PEAS	25	60	1.2	
LENTILS	24.2	35	2	
KIDNEY BEANS	24.7	57.3	1.1	
BLACK BEANS	22.7	61.4	1.1	
PINTO BEANS	21.4	62.6	1.2	
EDAMAME / SOY BEANS (SHELLED)	17	16	8	S
GARBANZO BEANS	16	58	4	
NAVY BEANS	8.2	35.8	0.6	



VEGETABLES – PER 100G RAW SERVING

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
SNOW PEAS	6.7	18.1	0.5	
GREEN PEAS	6.7	17.9	0.5	
KALE	4.3	8.8	0	
BRUSSEL SPROUTS	3.5	10.6	0	
CORN	3.5	21.9	1.6	
SPINACH	2.9	3.6	0	
MUSHROOMS	2.6	2.7	0	
ASPARAGUS	2.2	3.9	0	
BROCCOLI	2	4	0	
PUMPKIN (CANNED)	1.7	9.2	0	



DAIRY ALTERNATIVES – PER 100 CALORIE SERVING

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
SILK PROTEIN NUT MILK (1 CUP)	10	4	8	
NUTRITIONAL YEAST	10	15	0	
FLAX MILK PLUS PROTEIN (1 CUP)	8	2	3.5	
SOY MILK (1 CUP)	6	9	3.5	S
DIAYA YOGURT (1 CUP)	8	20	4.5	
DIAYA VEGAN CHEESE (1 SLICE)	5	5	1	
HEMP MILK UNSWEETENED (1 CUP)	2	0	5	



PROTEIN POWDERS – PER 25G SCOOP

FOOD	PROTEIN (G)	CARBS (G)	FAT (G)	ALLERGENS
GNC SOY PROTEIN ISOLATE	21.7	0	1.7	S
TRUE NUTRITION PEA PROTEIN ISOLATE	20.4	0.8	1	
TRUE NUTRITION RICE PROTEIN	20	2.5	0.2	
SUN WARRIOR CLASSIC PLUS VANILLA	18	4	1	
GARDEN OF LIFE RAW ORGANIC PROTEIN VANILLA	17.7	2	1.6	
VEGA PROTEIN & GREENS	16.7	5	1.7	
AMAZING GRASS VEGAN PROTEIN	16.1	3.2	2	
PALEOETHICS VEGAN PROTEIN	15	4	1.5	
ALOHA CHOCOLATE PROTEIN	12.2	6.8	3	
HEMP PROTEIN POWDER	12.5	6.2	12.5	
PB2 PEANUT BUTTER POWDER	10.4	10.4	3.1	N

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