

Alternative Choices for Protein

	<u>Grams Protein</u>		<u>Grams Protein</u>
<u>Beans 1 cup (cooked)</u>		<u>Grains</u>	
Soy Beans	29	1 c Buckwheat flour	20
Lentil Sprouts	20	1 c Whole Wheat flour	16
Tofu (4 oz.)	20	1 c Whole Cornmeal	11
Lentils	18	½ c raw Wheat germ	10
White Beans	17	1 c Bulgur wheat, cooked	10
Adzuki Beans	17	1 c Whole wheat spaghetti	7
Split Peas	16	1 c Oatmeal, cooked	6
Tempeh (3oz.)	16	1 c Brown rice, cooked	5
Navy Beans	16	1 slice Whole wheat bread	3
Black Beans	15	1 c Quinoa	36
Lima Beans	15		
Garbanzo Beans	15	<u>Nuts & Seeds</u>	
Pinto Beans	14	½ c Almonds	14
Mung Beans	14	¼ c Tahini	12
Fava Beans	14	¼ c Sesame Seeds	10
Blackeyed peas	13	¼ c Sunflower Seeds	8
Red Beans	12	¼ c Pumpkin Seeds	7
Butter Beans	11	2 T Almond Butter	4
		2 T Almonds	3.5
<u>Vegetables (cooked)</u>		<u>Fruit</u>	
1 c Brussels sprouts	6	10 figs	6
1 c Spinach	6	10 Dried Peaches	5
1 baked Potato	5	1 c Frozen Cherries	3
1 spear Broccoli	5		
1 c Collards	5	<u>Misc.</u>	
1 c Corn	5	3.5 oz Spirulina	57.5
1 c Pea Pods	5	1 patty Garden Burger	11
1 c Sweet Potato	5	1 T Brewer's Yeast	11
1 Avocado (raw)	5	Soy Yogurt (8 oz.)	9
½ c Green peas	4.5	1 T Spirulina	8
1 Corn on the cob	4	Soy Milk (8oz.)	6
1 c Kale	4	1 c Carob powder	5
½ c Asparagus	2		