

Plant-Based Proteins

You have lots of options for adding plant-based proteins to a flexitarian style diet. Here are just a few:

Item	Amount	Grams of Protein
Black, great northern, chickpeas or red kidney beans	1 cup, cooked	15
Pinto beans	1 cup, cooked	14
Lentils	1 cup, cooked	18
Split peas	1 cup, cooked	16
Tempeh	3 oz	17
Tofu	4 oz	12
Edamame	1 cup, cooked, shelled	24
Seitan or gluten	1/3 cup, cooked	21
Peanut butter	2 tablespoons	7
Broccoli	1 cup, steamed	3
Pumpkin seeds	1 oz	9
Cashews	1 oz	4
Peanuts	1 oz	5
Almonds	1 oz	6
Bulgur	1 cup, cooked	6
Brown rice	1 cup, cooked	5
Quinoa	1 cup, cooked	9
Whole grain bread	1 oz	4
Whole grain or white pasta	2 oz uncooked	7
Red lentil pasta	2 oz uncooked	13

Source: United States Department of Agriculture Nutritive Value of Foods, revised October 2002