## Protein, Calories, Amino Acids In A Plant Based Diet

- 1. This chart of whole foods, commonly found in veggie diets, will help you to combine foods for complete protein
- 2. It's easy to get enough protein, without fuss, if you eat a wide variety of whole foods over the course of a day
- 3. That's assuming you get enough calories for your size, age, activity level, pregnancy, lactation, etc.

Hint: eat more high calorie whole foods if you're underweight. Vegans often need more fat than they they think

- 4. \*'Cooked' means cooked with water, no fat added.
- 5. Fields where data is unknown are left blank. All data is approximate, and can vary in practice
- 6. Measurements:100 grams is approximately .6 cup, or 1/2 2/3 of a cup.
- 7. \* means a rough estimate
- 8. Actual serving sizes will vary according to the type of food and who's eating.

Example serving sizes: 12 almonds, 1 Tblsp Miso, 1 Tblsp gr. flax seed, 1/2 - 1 cup of cooked grains or beans

9. Essential Amino Acids: nine protein building blocks which the body can't make, and must get from food:

Hystidine (HYS), Isoleucine (ISO), Leucine (LEU), Lysine (LYS), Methionine (MET), Phenylalanine (PHE),

Tryptophan (TRP), Threonine (THR), Valine (VAL)

10. Limiting Amino Acids: not enough present to balance the other essential amino acids and make 'complete' protein.

## For More Information, Read The Following Articles:

How To Get Enough Protein In Your Veggie Diet

How Much Protein and Calories Do We Really Need?

Basic Whole Foods	Limiting	Serving	Calories	Gr Protein	Gr Protein	Protein	Combine
Commonly Found in	Amino	Size	Per	Per	Per 100 g	as % of	With
Vegetarian or Vegan Diets	Acids		Serving	Serving		Calories	
-							
Legumes: Beans and Lentils, C	ooked Unless O	therwise Noted					
Lentils	MET-TRP	1 Cup	115	17.13	8.97	24.3	grains
Mung Bean	TRP	1 Cup	105	13.57	7.54	24.3	nuts
Chick Pea (Garbanzo Bean)	MET-TRP	1 Cup	180	15.65	9.54	19.4	seeds
Black Eyed Pea (Cow Pea)	ISO	1 Cup	115	12.98	7.68	23.7	veggies
Black Bean	MET-LEU-TRP	1 Cup	115	12.49			
Fava Bean (broad bean)		1 Cup	109	12.85	7.56	23.7	
Kidney Bean		1 Cup	126	14.83	8.62		
Lima Bean (butter bean)	TRP	1 Cup	113	10 g	7.75	20	
Miso (fermented soybean paste)		1 Tblsp	199	2 a	11.69		
Pigeon Peas		1 Cup	170		5.96		
Pinto Beans	MET-TRP	1 Cup		15			
Soybean (mature)	MET	1 Cup	172	29.77	16.54	39.4	
Soymilk	VAL	1 Cup	45	6.62	2.7	30	
Split Peas	MET-TRP	1 Cup					
Tempeh (fermented soybean)	VAL	3 oz		15 g	17	36	
Tofu, extra firm w/nigari	MET	1/2 cup	151	20		61.2	
TVP	MET	1/2 cup		16			
Seeds, Raw							Combine
Flax Seeds (whole)	LYS-ISO	1 Tblsp	44	1.5 g	18.29	12.5	With
Hemp Seeds	VAL	1 Tblsp		Ŭ	29.9		grains,
Pumpkin Seeds	LYS-ISO	1 Tblsp	46	2 g	24.54		legumes
Sesame Seeds (whole)	LYS	1 Tblsp		1.6 g	17.73	7.9	veggies
Sunflower Seeds (hulled)	LYS	1 Tblsp	46	1.8 g	20.78	19.8	fruit
Tahini (sesame seed paste)	LYS	1 Tblsp	47		17		
Nuts, Raw							Combine
Almond	ISO-VAL	1/2 oz (12		3 g	16.8	9.6	With
Brazil Nut	ISO-LYS			- 5	14.8	7.9	
Cashews		1 Oz.		2.5 g	17.4	11.1	legumes
Coconut	LYS			- 3	6.6	3.9	
Hazelnut	THR-ISO				19.9	11.7	fruit
Peanut Butter		1 Tblsp		4 g			
Peanuts	LYS-TRP-MET	1 oz.		7 g			
Pecan	VAL			j	6.25	7.8	
Pistachio	LYS-THR				18.9	11	
Walnut	ISO-LYS	1/2 oz (7 halves)			15.6	8.2	
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Grains, Cooked Unless Otherw	ise Noted						
Amaranth							Combine
Barley - Hulled	ISO-LYS-THR	1 cup		3.64	2.25	11.8	With
Barley - Pearled		1 cup	193	3.55	2.26		legumes
Bulgar (Parboiled Wheat)	LYS	1 cup	151	5.61	3.06	11.4	nuts
Brown Rice	VAL	1 cup	216	5.03	2.56	7.2	seeds
Buckwheat Groats (Kasha)	ISO-LYS	1 cup	155	5.68	3.37		veggies
Cornmeal whole cooked	LYS-TRP	1 cup	*180	4.42	1.84	7.3	fruit
Couscous cooked		1 cup	176	5.95	3.79		
Farina (cream of wheat cereal)	LYS-ISO	1 cup		3.11	1.24		
Japanese Soba Noodles	TRP-MET	1 cup	113	5.77	3.06		
Kamut cooked	LYS-TRP-MET	1 cup	251	11.25	6.1		
Millet cooked	LYS-ISO	1 cup	207	6.09	3.5	10.2	
Oat Bran		,					
Oats cooked	ISO-LYS	1 cup	*200	4.98	2.13	12	
Quick Rice (Parboiled)	ISO-LYS	1 cup	194	4.6	2.66	7.6	
Quinoa cooked	PHE-THR	1 cup	222	8.14	4.4	12.6	
Pasta-Wheat, cooked, enriched		1 cup	221	8.12			
Rice Noodles cooked			192	1.6			
Seitan (Wheat Gluten)	ISO	3 oz	120	22	75.58		
Teff cooked	LYS-TRP	1 cup	249	9.76	. 3.00		
Triticale Flour (wh gr) (dry)		1 cup	439	17.3			
Wheat Bran (dry)	1	1 cup	125	9.02	15.55	13.6	
Wheat Germ (dry)	LYS-TRP	1 cup	414	26.62	23.15	10.0	
Wheat Rolled cooked	LYS	1 cup	+ +	3.7	1.53		
Wheat sprouted	LYS	1 cup	214	8.09	1.00		
White Flour (wheat) (dry weight)	LYS-THR	1 cup	*480	12.91	9.71		
White Rice cooked	ISO-LYS	1 cup	194	4.2	2.66	7.1	
Whole Wheat Bread	LYS	1 slice	134	4.2 4 g	2.00	7.1	
Whole Wheat Flour (dry weight)	LYS-ISO	1 cup	407	16.44	13.7	13.1	
Wild Rice cooked	L10 100	1 cup	166	6.54	3.99	10.1	
What thee eboked		Тоар	100	0.54	0.00		
Vegetables With A High Protein	Contont Cook	d Union Other	uise Neted				Cambina
			10	2.16	2.1	20.4	Combine With
Asparagus	LYS	1/2 Cup	10	2.10	2.1	30.1	
Avocado		1 Medium	20	2.7	0.57		nuts
Beet Greens	MET	1/2 Cup	20	3.7 3.2	2.57	20.4	seeds
Broccoli	MET	1/2 Cup	25		4.29	28.4	grain
Chard			17	1.15	1.88		legumes
Collard Greens		4	25	1.9	2.11		
Corn on the cob		1 ear	48	1.5	3.5		
Corn Kernels Frozen	MET	1/2 Cup	60	2.05	3.02		
Edamame (green soybean pods)	MET	1/2 Cup	65	6	10.25	0.5.5	
Eggplant	LIET TOD	1/2 Cup		2 2 4	4.6	25.5	
Green Peas	MET-TRP	1/2 Cup	61	3.91	4.47		
Hubbard Squash	LUET TE S	1/2 Cup	51	2.5	2.4		
Kale	MET-TRP	1/2 Cup	18	1.25	1.9		
Mung Bean Sprouts	MET-TRP	1/2 Cup	11.5	1.26	2		
Mushroom (cloud - dried)	ISO	1/2 Cup	40	1.3	9.25		
Mushroom (Crimini - raw)	MET-TRP	1/2 Cup	12	1.09	2.5		
Mushroom (oyster - raw)	MET-TRP	1/2 cup	33	2.45	3.31		
Mushrooms (Portobella - grilled)	MET-TRP	1/2 Cup	21	2.53	4.27		
Mustard Greens	MET-TRP	1/2 Cup	10.5	1.58	2.26		
Potato Flour (dry)	LYS-TRP	1 Cup	571	11.04	6.9		
Potato peeled	LYS-TRP	1 Medium			1.3	4.2	
Potato w/skin baked	LYS-TRP	1 Medium	161	4.32	2.5	6.9	
Salsify		1/2 Cup	46	1.6	2.73		
Spinach	MET-ISO	1/2 Cup	21	2.62	2.97	25.66	
Spirolina (dried)	MET	1 Tblsp	20	4.02	3.5		
Sugar Snap Peas		1/2 Cup	33.5	2.61	3.27		
Fruit:							Combine
Dates (dried)	ISO	<del> </del>	<del>                                     </del>		2.7	3.1	With
Figs (dried)	ISO	<del> </del>	<del>† †</del>		1.2	6.1	legumes
J= \	1	<del> </del>	† †			0.1	nuts, seeds
	<b>!</b>	1	1				naw, occus
				I	l		veggies