



# Plant Proteins

## That Pack a Punch.

Pick from these top plant sources to get more protein out of your plant-based diet.



### Soy

**17g** in 1 c. edamame

**15g** in 3 oz. tempeh

**7g** in 3 oz. firm tofu

### Cooked Legumes

**17g** in 1 c. lentils

**16g** in 1 c. chickpeas

**12g** in 1 c. black beans



### Nuts and Seeds

**9g** in 1 oz. hemp seeds

**8g** in 1 oz. pumpkin seeds

**7g** in 2 T nut butters

**6g** in 1 oz. almonds

**5g** in 1 oz. chia seeds

### Cooked Grains

**8g** in 1 c. quinoa

**4g** in 1 c. oatmeal



### Cooked Vegetables

**5g** in 1 c. spinach

**4g** in 1 c. Brussels sprouts

**2g** in 1 c. broccoli