

Vegan Protein Sources

The Geriatric Dietitian

Protein Source	Serving Size	Protein Per Serving	Also a good source of:
High-protein Products			
Seitan / Vital wheat gluten	3 ounces	16 grams	Calcium, iron (some brands)
Tempeh	3 ounces	11 grams	Fiber, iron
Tofu	3 ounces	8 grams	Calcium
Cooked Beans			
Refried beans	1/2 cup	9 grams	Fiber, iron, potassium
Cannellini beans	1/2 cup	8 grams	Fiber, iron, potassium
Kidney beans	1/2 cup	8 grams	Fiber, iron
Lentils	1/2 cup	8 grams	Fiber, iron, potassium
Pinto beans	1/2 cup	8 grams	Fiber, iron, potassium
Split peas	1/2 cup	8 grams	Fiber, iron, potassium, magnesium
Black beans	1/2 cup	7 grams	Fiber, iron, potassium
Edamame / Soybeans	1/2 cup	7 grams	Fiber, iron
Black-eyed peas	1/2 cup	6 grams	Fiber, iron, potassium, magnesium, zinc
Garbanzo beans / Chickpeas	1/2 cup	6 grams	Fiber, vitamin B6, iron, potassium
Lima beans	1/2 cup	6 grams	Fiber, iron, vitamin C, potassium, magnesium
Non-dairy Milk			
Soy milk	1 cup	6 grams	If fortified: Calcium and other vitamins & minerals
Nuts & Seeds			
Hemp seeds / "hearts"	3 tablespoons	9 grams	Omega-3 fatty acids, vitamin B6, iron, magnesium
Peanuts	1/4 cup	8 grams	Fiber, vitamin E, magnesium
Peanut butter	2 tablespoons	8 grams	Vitamin E, magnesium
Pumpkin seeds / Pepitas	1/4 cup	8 grams	Iron, magnesium, zinc
Almond butter	2 tablespoons	7 grams	Magnesium
Almonds	1/4 cup	6 grams	Fiber, calcium, vitamin E
Chia seeds	3 tablespoons	6 grams	Omega-3 fatty acids, fiber, calcium, iron
Pistachios (shelled)	1/4 cup	6 grams	Fiber, vitamin B6
Sunflower seeds (shelled)	1/4 cup	6 grams	Fiber, vitamin E, magnesium
Cashews	1/4 cup	5 grams	Iron, magnesium, zinc
Hazelnuts / Filberts	1/4 cup	5 grams	Fiber, vitamin E, magnesium
Sesame seeds	3 tablespoons	5 grams	Fiber
Walnuts	1/4 cup	5 grams	Omega-3 fatty acids
Almond flour	1/4 cup	3-6 grams	Vitamin E, magnesium
Vegetables			
Potato with skin	1 medium-large potato	5-8 grams	Fiber, vitamins B6 & C, iron, potassium
Green peas	2/3 cup	5 grams	Fiber, vitamin C
Corn	1 cup or 1 large ear	4-5 grams	Fiber, vitamin C, potassium
Broccoli	1 cup	4 grams	Fiber, vitamins A & C, potassium

Sources:

- U.S. Department of Agriculture's FoodData Central - fdc.nal.usda.gov
- NutritionData - nutritiondata.self.com
- Product packaging