

# VEGETARIAN PROTEIN SOURCES

Vegetarians can get protein from a variety of food sources. This table offers a comparative look at a sampling of healthful foods.

FOOD	SERVING SIZE	CALORIES	FAT (g)	SODIUM (mg)	CARBOHYDRATE (g)	FIBER (g)	PROTEIN (g)
<b>DRIED BEANS</b>							
Black beans	½ cup cooked	114	0	1	20	8	8
Chickpeas	½ cup cooked	134	2	6	22	6	7
Kidney beans	½ cup cooked	112	0	1	20	6	8
Pinto beans	½ cup cooked	122	1	1	22	8	8
<b>LEGUMES</b>							
Lentils	½ cup, cooked	115	0	2	20	8	9
Split peas	½ cup, cooked	116	0	2	21	8	8
<b>GRAINS</b>							
Amaranth	½ cup, cooked	125	2	7	23	3	5
Brown rice	½ cup, cooked	109	1	1	23	1	2
Bulgur	½ cup, cooked	76	0	5	17	4	3
Oats, rolled	½ cup, cooked	83	2	4	17	2	3
Quinoa	½ cup, cooked	111	2	6	20	3	4
Seitan (wheat gluten)	3 ounces	90	1	380	3	1	18
Wheat germ	2 tbsp	59	1	2	7	2	4
<b>SOY</b>							
Edamame	½ cup, cooked	65	3	4	5	3	6
Soy milk, unsweetened	8 ounces	80	4	85	4	1	7
Tempeh	4 ounces	218	12	10	11	7	20
Tofu, firm	3 ounces	123	7	12	4	2	13
<b>FRESH VEGETABLES</b>							
Green beans	½ cup, cooked	22	0	1	5	2	1
Kale	½ cup, cooked	18	0	15	4	1	1
Mung bean sprouts	½ cup, raw	16	0	3	3	1	2
Mushrooms	½ cup, raw	11	0	2	2	1	1
Peas	½ cup, cooked	67	0	2	13	4	4
Winter squash	½ cup, cooked	38	0	1	9	3	1
<b>NUTS</b>							
Almonds	2 tbsp	103	9	0	4	2	4
Cashews	2 tbsp	99	8	3	6	0	3
Peanuts	2 tbsp	104	9	3	3	2	5
Walnuts	2 tbsp	82	8	0	2	1	2
<b>VEGGIE BURGERS</b>							
Amy's Texas Veggie Burger	1	120	2	350	14	3	12
Morningstar Farms Classic Burger	1	150	6	280	9	3	14
Lightlife Light Burgers	1	120	2	500	12	3	16
Boca Burgers Grilled Vegetable	1	80	1	300	7	4	12
<b>DAIRY AND EGGS</b>							
Egg, whole	1 large	72	5	70	0	0	6
Egg white	1	16	0	55	0	0	4
Fat-free milk	8 ounces	86	0	128	12	0	8

*Diabetes Self-Management*, "Adopting a Vegetarian Meal Plan: An Option to Consider" by Alissa Heizler-Mendoza, RD, CDN, CDE, and Megha Desai, MD

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