

## VEGETARIAN PROTEIN SOURCES

Food Sources of Protein	Serving Size	Protein (grams)
<b>Grains</b>		
Amaranth (dry)	½ cup	14
Barley (cooked)	½ cup	5
Buckwheat (cooked)	½ cup	3
Millet (cooked)	½ cup	3
Oats (cooked)	½ cup	3
Quinoa (dry)	½ cup	14
Brown Rice (cooked)	½ cup	3
White Rice (cooked)	½ cup	2
Bread	1 slice	1-5
Flour tortilla- 6"	1	3
<b>Beans and Legumes</b>		
Whole beans	½ cup	7
Lentils	½ cup	9
Refried beans	½ cup	8
<b>Dairy</b>		
Milk, cow or goat	1 cup	8
American cheese	1 oz	6
Hard cheeses	1 oz	7
Yogurt, regular or frozen	1 cup	8
<b>Non-dairy foods</b>		
Soy milk	1 cup	7
Almond milk	1 cup	2
Rice milk	1 cup	1
Soy cheese	1 oz	4
Soy yogurt	1 cup	6
<b>Eggs, Nuts and Seeds</b>		
Whole egg	1	7
Nuts	¼ cup	8
Seeds	2 tbsp	3
Nut butter	2 tbsp	8
Seed butter	2 tbsp	5

\* 1 oz of meat, fish or poultry has approximately 7g of protein; 1/2 cup Vegetables = 1-2 g