

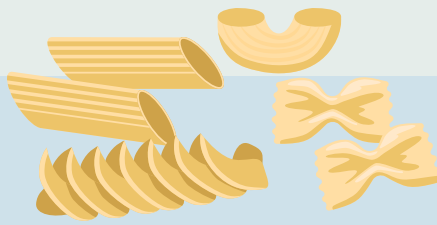


Plant-Based PROTEIN SOURCES

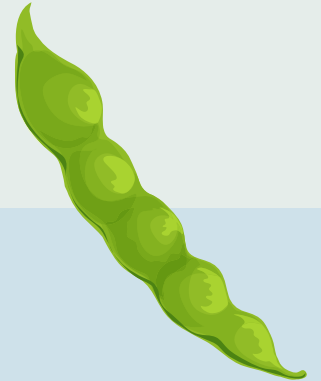
By Nicole Osinga, RD,
CDE, BASc, MAN



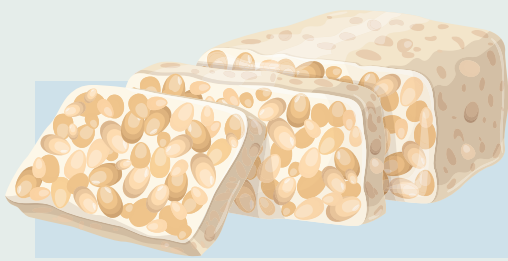
Protein Powder
20-30 g per 1/4 cup



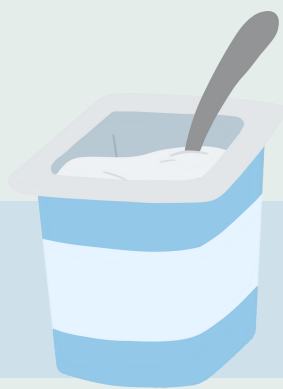
Bean Pasta
23 g per 100 g



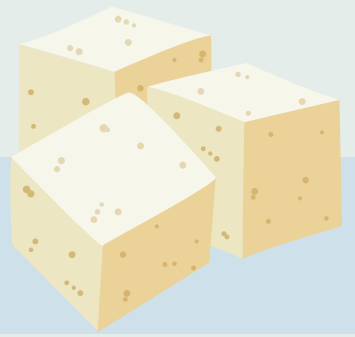
Edamame
18 g per 3/4 cup
(shelled)



Tempeh
18 g per 3/4 cup



**Vegan Greek
Yogurt**
17 g per 3/4 cup



Tofu
16 g per 3/4 cup



Lentils
14 g per 3/4 cup



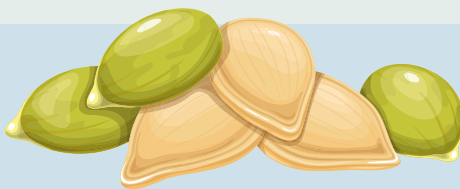
Navy Beans
12 g per 3/4 cup



Chickpeas
12 g per 3/4 cup



Hemp Seeds
13 g per 1/4 cup



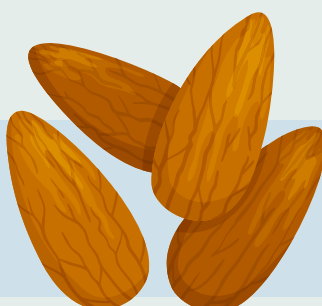
Pumpkin Seeds
9 g per 1/4 cup



Chia Seeds
7 g per 1/4 cup



Soy Milk
7 g per 1 cup



Nuts
6 g per 1/4 cup



Nut Butter
8 g per 2 tbsp

*serving and protein amounts are for the cooked version of the product

**nutrient data based off of values listed in the Canadian Nutrient File