

VEGETARIAN PROTEIN SOURCES

It's recommended that the average healthy person eat approximately 0.8 grams of protein per kilogram of body weight. To figure out the right amount for you, use the following equations:

Your weight in pounds ÷ 2.2 = Your weight in kilograms.

Your weight in kilograms X .8 = Your recommended protein in grams per day.

ALTERNATIVE to MEATS

Tofu	1/2 cup / 4 oz	10 gm
Firm tofu	1/2 cup / 4 oz	20 gm
Tempeh	1/2 cup / 4 oz	16 gm
Textured soy products	1/2 cup	11 gm

LEGUMES

Whole beans	1/2 cup	7 gm
Lentils	1/2 cup	9 gm
Refried beans	1/2 cup	8 gm
Garden burger	1 cup	11 gm
Soy burger	1 cup	11 gm

GRAINS

Amaranth	1/2 cup	14 gm
Barley	1/2 cup	10 gm
Buckwheat	1/2 cup	3 gm
Millet	1/2 cup	4 gm
Dark rye flour	1/2 cup	9 gm
Oats	1/2 cup	3 gm
Quinoa	1/2 cup	11 gm
Brown rice	1/2 cup	3 gm
White rice	1/2 cup	3 gm
Soy flour	1/2 cup	20 gm

NON-DAIRY SUBSTITUTE

Soy milk	1 cup	6 gm
Rice milk	1 cup	1 gm
Soy cheese	1 oz	4-7 gm
Soy yogurt	1 cup	6 gm

DAIRY

Cow's milk	1 cup	8 gm
Goat's milk	1 cup	8 gm
Cottage cheese	1/2 cup	12 gm
Cream cheese	2 TBS	2 gm
American cheese	1 oz	6 gm
Hard cheese	1 oz	7 gm
Yogurt	1 cup	8-14 gm
Goat's yogurt	1 cup	8 gm
Frozen yogurt	1 cup	8 gm
Fruit yogurt	1 cup	8 gm
Ice cream	1 cup	8 gm

EGGS

Egg	1	7 gm
Egg substitute	1/4 cup	7 gm
Egg white	1	4 gm

NUTS / SEEDS

Nuts	1/4 cup	8 gm
Seeds	2 TBS	3 gm
Nut butter	2 TBS	8 gm
Seed butter	2 TBS	5 gm

MISCELLANEOUS

Vegetables	1/2 cup	1/2 gm
Fruit	1	0 gm
Bread	1 slice	1-5 gm
Flour tortilla	1	3 gm
Miso	2 TBS	4 gm
Protein powder	1 TBS	9-20 gm
Spirulina	1 tsp.	8 gm.
Brewer's yeast	1 TBS	3 gm