

Plant-Based Protein Sources



GRAINS

Daily Protein for Women

- ◆ **Nonpregnant:** 0.4 grams per pound of body weight (0.8 g/kg)
- ◆ **Pregnant:** 0.5 grams per pound of body weight (1.1 g/kg)
- ◆ **Breastfeeding:** 0.6 grams per pound of body weight (1.3 g/kg)

SPELT



Protein 5 g (10% DV)
Serving Size 1/2 cup (97 g)
Calories 123 kcal

TEFF



Protein 5 g (10% DV)
Serving Size 1/2 cup (97 g)
Calories 123 kcal

AMARANTH



Protein 5 g (10% DV)
Serving Size 1/2 cup (123 g)
Calories 126 kcal

QUINOA



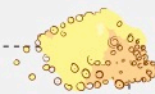
Protein 4 g (8% DV)
Serving Size 1/2 cup (93 g)
Calories 111 kcal

WILD RICE



Protein 3 g (6% DV)
Serving Size 1/2 cup (82 g)
Calories 83 kcal

MILLET



Protein 3 g (6% DV)
Serving Size 1/2 cup (87 g)
Calories 104 kcal

COUSCOUS



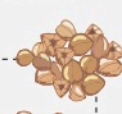
Protein 3 g (6% DV)
Serving Size 1/2 cup (79 g)
Calories 88 kcal

OATS



Protein 3 g (6% DV)
Serving Size 1/2 cup (117 g)
Calories 83 kcal

BUCKWHEAT



Iron 3 g (6% DV)
Serving Size 1/2 cup (84 g)
Calories 78 kcal

BULGUR



Protein 3 g (6% DV)
Serving Size 1/2 cup (91 g)
Calories 76 kcal

BROWN RICE



Protein 3 g (6% DV)
Serving Size 1/2 cup (101 g)
Calories 124 kcal

BARLEY



Protein 2 g (4% DV)
Serving Size 1/2 cup (79 g)
Calories 97 kcal



This list includes common grains and seeds that are typically used as a grain with 2 or more grams (g) of protein per serving. Processed foods such as seitan, bread, and pasta, are not listed but may still be good protein sources depending on the brand. According to the FDA, the Daily Value percentage (% DV) of protein is based on 50g.