

# Plant-Based Protein Sources



## LEGUMES

### 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)

#### TOFU



**Protein** 22 g (44% DV)  
Serving Size 1/2 cup (126 g)  
Calories 181 kcal

#### SOY NUTS



**Protein** 18 g (36% DV)  
Serving Size 1/2 cup (47 g)  
Calories 218 kcal

#### TEMPEH



**Protein** 17 g (34% DV)  
Serving Size 1/2 cup (83 g)  
Calories 160 kcal

#### SOYBEANS



**Protein** 16 g (32% DV)  
Serving Size 1/2 cup (86 g)  
Calories 148 kcal

#### LUPIN BEANS



**Protein** 13 g (26% DV)  
Serving Size 1/2 cup (83 g)  
Calories 99 kcal

#### EDAMAME



**Protein** 9 g (18% DV)  
Serving Size 1/2 cup (78 g)  
Calories 94 kcal

#### GREEN LENTILS



**Protein** 9 g (18% DV)  
Serving Size 1/2 cup (99 g)  
Calories 115 kcal

#### WHITE BEANS



**Protein** 9 g (18% DV)  
Serving Size 1/2 cup (90 g)  
Calories 125 kcal

#### BLACK-EYED PEAS



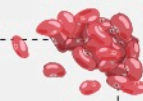
**Iron** 8 g (16% DV)  
Serving Size 1/2 cup (130 g)  
Calories 100 kcal

#### PINTO BEANS



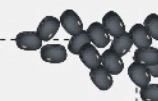
**Protein** 8 g (16% DV)  
Serving Size 1/2 cup (86 g)  
Calories 123 kcal

#### KIDNEY BEANS



**Protein** 8 g (16% DV)  
Serving Size 1/2 cup (89 g)  
Calories 113 kcal

#### BLACK BEANS



**Protein** 8 g (16% DV)  
Serving Size 1/2 cup (86 g)  
Calories 114 kcal

#### LIMA BEANS



**Protein** 7 g (14% DV)  
Serving Size 1/2 cup (94 g)  
Calories 108 kcal

#### CHICKPEAS



**Protein** 7 g (14% DV)  
Serving Size 1/2 cup (82 g)  
Calories 135 kcal

#### MUNG BEANS



**Protein** 7 g (14% DV)  
Serving Size 1/2 cup (101 g)  
Calories 106 kcal

The legumes included here are common beans, lentils, and soy products with the highest amount of protein per serving. Notably left off are split peas and peanuts, sorted in other categories. Minimally processed soy such as tofu and tempeh are included here, but TVP (textured vegetable protein) is another great option for very high protein content. According to the FDA, the Daily Value percentage (% DV) of protein is based on 50g.