

Plant-Based Protein Sources



NUTS & SEEDS

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)

HEMPSEEDS



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

PUMPKIN SEEDS



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

PEANUTS



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

ALMONDS



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

SUNFLOWER SEEDS



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

PISTACHIOS



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

FLAXSEEDS



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

CASHEWS



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

SESAME SEEDS



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

CHIA SEEDS



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

BRAZIL NUTS



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

PINE NUTS



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



This list contains common nuts and seeds with over 4 grams (g) of protein per serving. Peanuts are included here, although they are technically, they are nutritionally similar and commonly associated with nuts. Nut and seed butters such as peanut butter, almond butter, and tahini are not on this list but it follows that those products are also high in protein. According to the FDA, the Daily Value percentage (% DV) of protein is based on 50g.