PLANT-BASED SOURCES OF PROTEIN

Whole Lifecycle NUTRITION

100% plant-based eating can meet required daily protein needs.

Protein is important because it builds and repairs tissues, helps produce enzymes and hormones, maintains electrolyte and fluid balance, and helps build strong bones, muscles, cartilage, and skin.



3 Tbsp
Sesame seeds
4.8 g protein



3 Tbsp
Pumpkin seeds
2 g protein



3 Tbsp
Chia seeds
7 g protein



3 Tbsp
Flaxseeds
5.7 g protein



1 ounce
Pecans
2.6 g protein



1/2 cup
Chickpeas
6 g protein



1 ounce
Cashews
5 g protein



1 ounce
Almonds
6 g protein



1 ounce
Walnuts
4.3 g protein



6 ounces
Tempeh
32 g protein



6 ounces
Tofu
11 g protein



1/2 cup
Quinoa
4 g protein