

Protein, Calories, Amino Acids In A Plant Based Diet

1. This chart of whole foods, commonly found in veggie diets, will help you to combine foods for complete protein
2. It's easy to get enough protein, without fuss, if you eat a wide variety of whole foods over the course of a day
3. That's assuming you get enough calories for your size, age, activity level, pregnancy, lactation, etc.

Hint: eat more high calorie whole foods if you're underweight. Vegans often need more fat than they think

4. *'Cooked' means cooked with water, no fat added.

5. Fields where data is unknown are left blank. All data is approximate, and can vary in practice

6. Measurements: 100 grams is approximately .6 cup, or 1/2 - 2/3 of a cup.

7. * means a rough estimate

8. Actual serving sizes will vary according to the type of food and who's eating.

Example serving sizes: 12 almonds, 1 Tbsp Miso, 1 Tbsp gr. flax seed, 1/2 - 1 cup of cooked grains or beans

9. Essential Amino Acids: nine protein building blocks which the body can't make, and must get from food:

Hystidine (HYS), Isoleucine (ISO), Leucine (LEU), Lysine (LYS), Methionine (MET), Phenylalanine (PHE),
Tryptophan (TRP), Threonine (THR), Valine (VAL)

10. Limiting Amino Acids: not enough present to balance the other essential amino acids and make 'complete' protein.

For More Information, Read The Following Articles:

[How To Get Enough Protein In Your Veggie Diet](#)

[How Much Protein and Calories Do We Really Need?](#)

Basic Whole Foods Commonly Found in Vegetarian or Vegan Diets	Limiting Amino Acids	Serving Size	Calories Per Serving	Gr Protein Per Serving	Gr Protein Per 100 g	Protein as % of Calories	Combine With
Legumes: Beans and Lentils, Cooked Unless Otherwise Noted							
Lentils	MET-TRP	1 Cup	115	17.13	8.97	24.3	grains
Mung Bean	TRP	1 Cup	105	13.57	7.54	24.3	nuts
Chick Pea (Garbanzo Bean)	MET-TRP	1 Cup	180	15.65	9.54	19.4	seeds
Black Eyed Pea (Cow Pea)	ISO	1 Cup	115	12.98	7.68	23.7	veggies
Black Bean	MET-LEU-TRP	1 Cup	115	12.49	7.26		
Fava Bean (broad bean)		1 Cup	109	12.85	7.56	23.7	
Kidney Bean		1 Cup	126	14.83	8.62		
Lima Bean (butter bean)	TRP	1 Cup	113	10 g	7.75	20	
Miso (fermented soybean paste)		1 Tbsp	199	2 g	11.69		
Pigeon Peas		1 Cup	170	9.12	5.96		
Pinto Beans	MET-TRP	1 Cup		15			
Soybean (mature)	MET	1 Cup	172	29.77	16.54	39.4	
Soymilk	VAL	1 Cup	45	6.62	2.7	30	
Split Peas	MET-TRP	1 Cup					
Tempeh (fermented soybean)	VAL	3 oz		15 g	17	36	
Tofu, extra firm w/nigari	MET	1/2 cup	151	20		61.2	
TVP	MET	1/2 cup		16			
Seeds, Raw							
Flax Seeds (whole)	LYS-ISO	1 Tbsp	44	1.5 g	18.29	12.5	Combine With
Hemp Seeds	VAL	1 Tbsp			29.9		grains,
Pumpkin Seeds	LYS-ISO	1 Tbsp	46	2 g	24.54		legumes
Sesame Seeds (whole)	LYS	1 Tbsp		1.6 g	17.73	7.9	veggies
Sunflower Seeds (hulled)	LYS	1 Tbsp	46	1.8 g	20.78	19.8	fruit
Tahini (sesame seed paste)	LYS	1 Tbsp	47		17		
Nuts, Raw							
Almond	ISO-VAL	1/2 oz (12)		3 g	16.8	9.6	Combine With
Brazil Nut	ISO-LYS				14.8	7.9	grains,
Cashews		1 Oz.		2.5 g	17.4	11.1	legumes
Coconut	LYS				6.6	3.9	veggies
Hazelnut	THR-ISO				19.9	11.7	fruit
Peanut Butter	LYS-TRP-MET	1 Tbsp		4 g			
Peanuts	LYS-TRP-MET	1 oz.		7 g			
Pecan	VAL				6.25	7.8	
Pistachio	LYS-THR				18.9	11	
Walnut	ISO-LYS	1/2 oz (7 halves)			15.6	8.2	

