

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

Vegetarian Sources of Protein

Food	Amount	Protein
Soy Products		
Tofu, firm	1 oz.	7 g
Tofu, soft	3 oz.	7 g
Soy protein isolate	1 tablespoon	7 g
Texturized soy protein (TVP)	8.5 g	7 g
Tempeh	2 oz.	11 g
Soy milk	1 cup	8 g
Soy beans (cooked)	½ cup	10 g
Soy flour (low fat)	1 cup	38 g
Dairy		
Milk	1 cup	8 g
Yogurt	1 cup	12 g
Cottage cheese	½ cup	15.5 g
Ricotta cheese	¼ cup	6.5 g
Parmesan cheese, grated *	1 tablespoon	2 g
Mozarella *	2 cubic inches	9 g
Eggs		
Whole egg *	1	6 g
Egg white	1	3.5 g
Legumes (cooked)		
Lentils **	½ cup	7 g
Black beans **	½ cup	6 g
Chick peas (garbanzo beans) **	½ cup	6.5 g
Kidney beans **	½ cup	7.5 g
Split peas **	½ cup	9 g
Mung beans **	½ cup	6 g
Nuts and Seeds		
Pumpkin seeds *	1/8 cup or 2 tablespoons	5 g
Sunflower seeds *	1/8 cup or 2 tablespoons	4.5 g
Cashews *	1/8 cup or 2 tablespoons	3 g
Sesame seeds *	1/8 cup or 2 tablespoons	3.5 g
Walnuts *	1/8 cup or 2 tablespoons	1.9 g
Almonds *	1/8 cup or 2 tablespoons	3.5 g
Vegetables		
Potato **	1 medium	4 g
Soy sprouts	1 cup	6 g
Green peas **	1 cup	7.5 g
Corn **	1 ear	4 g
Broccoli **	1 stalk	4 g

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Cauliflower **	1 cup	3 g
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* High in Fat **Goal:** _____ g of Protein per Day

** High in Carbohydrates (**Spaced evenly over meals and snacks**)