

Examples of Different Types of Plant Protein

Soy Products	Nuts and Seeds	Grains	Legumes	Dark Leafy Greens and Seaweeds	Other Vegetables and Produce
Soy Beans	Brazil nuts	Millet	Red Kidney Beans	Spinach	Artichoke
Edamame	Almond nuts	Amaranth	Black Turtle Beans	Curly Kale	Oyster Mushrooms
Soy milk	Walnuts	Oat Bran	Cannellini Beans	Swiss Chard	Shitake Mushrooms
Soy flour	Cashew nuts	Wild rice	Butter Beans	Broccoli	Avocado
Tofu	Hazelnut	Rye Berries	Pinto Beans	Romaine Lettuce	Sprouts
Tempeh	Pine nut	Couscous	Haricot Beans	Mizuna	Corn on the Cob
Miso	Nut butters	Bulgar Wheat	Spilt Peas	Lambs Lettuce	
	Pumpkin Seeds	Buckwheat	Broad Beans	Watercress	
	Sunflower Seeds	Teff	Black Eyed Peas	Kombu Seaweed	
	Sesame Seeds	Oates	Mung Beans	Wakame	
	Hemp Seeds	Barley	Chickpeas	Nori	
	Flaxseed	Quinoa	Green peas	Spirulina	
	Chia Seeds	Brown Rice	Red Lentils		
	Poppy Seeds	Spelt	Green Lentils		
			Yellow Lentils		
			Brown Lentils		

Amount of Protein/3.5 ounces

