



Nourishing compassion for our bodies, the earth and all beings.

## Protein in Vegetables and Grains

We need to get 10 to 20% of our calories from protein. You can see from the chart below that vegetables and grains are loaded with protein. They are also good sources of vitamins, fiber, and other nutrients. The following lists show plant foods that are a higher percent of protein per calorie than common animal products.

Salmon is 45% protein, but these plant foods have more:

- Basil (55%)
- Raw spinach (50%)

A scrambled egg is 27% protein, but these plant foods have more:

- Grilled portobello mushrooms (45%)
- Edamame (39%)
- Green lettuce (36%)
- Raw kale (35%)
- Raw broccoli (33%)
- Cooked frozen peas (33%)
- Lentils (31%)

Cheddar cheese is 25% protein, but these plant foods have more:

- Cooked kale (27%)
- Black beans (27%)

Pepperoni is 18% protein, but these plant foods have more:

- Pinto beans (25%)
- Tomato sauce (22%)
- Garbanzo beans (22%)
- Green cabbage (20%)
- Soba noodles (20%)
- Whole-wheat bread (20%)

Other great sources of protein:

- Raw bell pepper (17%)
- Whole-wheat macaroni (17%)
- Peanut butter (17%)
- Quinoa (15%)