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Non-Meat Sources of Protein

Food	Serving Size	Amount Protein (g)	% of Daily Value
Soybeans, cooked	1 cup	28.62	57.2
Tempeh, cooked	4 oz	20.63	41.3
Lentils, cooked	1 cup	17.86	35.7
Spilt Peas, cooked	1 cup	16.35	32.7
Navy Beans, cooked	1 cup	15.83	31.7
Kidney Beans, cooked	1 cup	15.35	30.7
Black Beans, cooked	1 cup	15.24	30.5
Lima Beans, cooked	1 cup	14.66	29.3
Garbanzo Beans (chickpeas), cooked	1 cup	14.53	29.1
Pinto Beans, cooked	1 cup	14.04	28.1
Peanuts, raw	¼ cup	9.42	18.8
Tofu, raw	4 oz	9.16	18.3
Green Peas, boiled	1 cup	8.58	17.2
Pumpkin Seeds, raw	¼ cup	8.47	16.9
Rye, whole grain, uncooked	1/3 cup	8.31	16.6
Spelt grains, cooked	4 oz	6.24	12.5
Oats, whole grain, cooked	1 cup	6.08	12.2
Spinach, boiled	1 cup	5.35	10.7
Shitake Mushrooms, raw	8 oz	4.98	10.0
Asparagus, boiled	1 cup	4.66	9.3
Broccoli, steamed	1 cup	4.66	9.3

Miso	1 oz	4.06	8.1
Collard greens, boiled	1 cup	4.01	8.0
Brussel Sprouts, boiled	1 cup	3.98	8.0
Crimini mushrooms, raw	5 oz	3.54	7.1
Swiss Chard, boiled	1 cup	3.29	6.6
Mustard Greens, boiled	1 cup	3.16	6.3
Kale, boiled	1 cup	2.47	4.9
Green Beans, boiled	1 cup	2.36	4.7
Cauliflower, boiled	1 cup	2.28	4.6
Soy Sauce	1 Tbsp	1.89	3.8
Mustard Seeds	2 tsp	1.88	3.8
Romaine lettuce	2 cups	1.81	3.6
Garlic	1 oz	1.80	3.6
Turnip Greens, cooked	1 cup	1.64	3.3
Summer Squash, cooked	1 cup	1.64	3.3
Cabbage, shredded, boiled	1 cup	1.53	3.1
Tomato, ripe	1 cup	1.53	3.1

Values from World's Healthiest Foods

<http://www.whfoods.org/genpage.php?tname=nutrient&dbid=92#foodsources>

Tips:

- *If beans tend to make you gassy, soak them overnight in filtered water at room temperature before cooking*
- *For any veggie or green, try lightly steaming instead of boiling in order to get the most nutrients from that veggie*
- *Try to limit soy products (tofu, soybeans, miso and tempeh) to twice per week, especially if you have a thyroid condition*