

VEGETARIAN PROTEIN SOURCES

Food Source	Protein (in grams)	Serving Size
Eggs	6 g	1 egg
Edamame	17 g	1 cup
Green Peas	8 g	1 cup
Cheddar Cheese	7 g	1 oz
Low-Fat Milk	8 g	1 cup
Black Beans	39 g	1 cup
Cottage Cheese	25 g	1 cup
Nuts	27 g	1 cup
Peanut Butter	7 g	2 tbsp
Hummus	10 g	1/2 cup
Quinoa	8 g	1 cup
Spinach	5 g	1 cup
Greek Yogurt	17 g	1 cup
Oatmeal	5 g	1 cup
Brussel Sprouts	4 g	1/2 cup
Tofu	10 g	1/2 cup
Potatoes	4 g	1 medium
Broccoli	6 g	1 cup
Whole Wheat Spaghetti	8 g	1/2 cup
Corn	8 g	1/2 cup

