



# Plant-Based Protein

| Tofu             | Serving Size | Calories | Carb (g) | Protein (g) | Fat (g) | Iron (mg) | Calcium (mg) | Fiber (g) |
|------------------|--------------|----------|----------|-------------|---------|-----------|--------------|-----------|
| Tofu, silken     | 3 oz         | 60       | 1        | 4           | 2       | 80        | 280          | 0         |
| Tofu, firm       | 3 oz         | 70       | 2        | 8           | 3.5     | 100       | 250          | <1        |
| Tofu, extra firm | 3 oz         | 80       | 3        | 8           | 4       | 60        | 160          | 1         |

| Nut & Seed Butters                 | Serving Size | Calories | Carb (g) | Protein (g) | Fat (g) | Iron (mg) | Calcium (mg) | Fiber (g) |
|------------------------------------|--------------|----------|----------|-------------|---------|-----------|--------------|-----------|
| Almond Butter, creamy, all-natural | 2 tbsp.      | 190      | 7        | 7           | 17      | 2         | 80           | 3         |
| Cashew Butter, creamy, all-natural | 2 tbsp.      | 190      | 9        | 4           | 17      | 1         | 20           | <1        |
| Hazelnut Spread                    | 2 tbsp.      | 200      | 21       | 2           | 12      | 21        | 40           | 1         |
| Peanut Butter, creamy              | 2 tbsp.      | 190      | 8        | 7           | 16      | 3         | 14           | 2         |
| Peanut Butter, powdered            | 2 tbsp.      | 45       | 5        | 5           | 1.5     | 1         | 0            | 2         |
| Sesame Seed Butter (Tahini)        | 2 tbsp.      | 180      | 6        | 5           | 16      | 0         | 120          | 3         |
| Soy Nut Butter                     | 2 tbsp.      | 190      | 6        | 8           | 15      | 4         | 30           | 3         |
| Sunflower Butter, natural          | 2 tbsp.      | 200      | 7        | 7           | 16      | 3         | 20           | 2         |

| Meat Alternatives                    | Serving Size | Calories | Carb (g) | Protein (g) | Fat (g) | Iron (mg) | Calcium (mg) | Fiber (g) |
|--------------------------------------|--------------|----------|----------|-------------|---------|-----------|--------------|-----------|
| Beyond Meat Burger                   | 4 oz         | 290      | 6        | 20          | 22      | 100       | 4.5          | 4         |
| Boca Burger                          | 2.5 oz       | 70       | 6        | 13          | 0.5     | 1.8       | 60           | 6         |
| Gardein chick'n tenders              | 2 tenders    | 100      | 8        | 8           | 4.5     | 1.08      | 20           | 1         |
| Morning Star Farms black bean burger | 1 patty      | 110      | 13       | 10          | 4       | 1.08      | 60           | 4         |
| Quorn chicken nuggets                | 85 g         | 210      | 26       | 10          | 9       | 0.54      | 90           | 2         |
| Soy crumbles                         | 1 cup        | 180      | 15       | 27          | 1.5     | 10.8      | 180          | 3         |
| Tofurky deli meat slices             | 5 slices     | 100      | 6        | 13          | 3       | 1.08      | 20           | 3         |



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| Beans & Legumes         | Serving Size | Calories | Carb (g) | Protein (g) | Fat (g) | Iron (mg) | Calcium (mg) | Fiber (g) |
|-------------------------|--------------|----------|----------|-------------|---------|-----------|--------------|-----------|
| Beans & legumes, cooked | 1/2 cup      | 117      | 21       | 8           | 0.5     | 1         | 34           | 2         |
| Edamame                 | 1/2 cup      | 95       | 7.5      | 8.5         | 4       | 1.75      | 48.6         | 4         |
| Lentils                 | 1/2 cup      | 115      | 20       | 9           | 0       | 3         | 18           | 4         |
| Tempeh                  | 1/2 cup      | 160      | 8        | 15          | 9       | 2.25      | 92           | 5         |

| Vegan Protein Powders                      | Serving Size | Calories | Carb (g) | Protein (g) | Fat (g) | Iron (mg) | Calcium (mg) | Fiber (g) |
|--|--------------|----------|----------|-------------|---------|-----------|--------------|-----------|
| Aloha Moment                               | 2 scoops     | 150      | 10       | 18          | 4.5     | 5.4       | 40           | 3         |
| About Time Ve Vegan Protein                | 1 scoop      | 122      | 1        | 22          | 2.5     | 4.5       | 190          | 1         |
| Bob's Red Mill Protein Nutritional Booster | 1/3 cup      | 180      | 19       | 20          | 3       | 6.3       | 80           | 12        |
| Burt's Bees Daily Protein                  | 1 scoop      | 110      | 11       | 15          | 1       | 0         | 0            | 10        |
| Garden of Life Raw Organic Protein         | 1 scoop      | 110      | 2        | 22          | 2.5     | 3.6       | 100          | 9         |
| Kashi GoLean Plant Powered Shake           | 2 scoops     | 160      | 10       | 20          | 6       | 3.6       | 100          | 0         |
| Manitoba Harvest Hemp Protein              | 4 Tbsp       | 120      | 8        | 15          | 3.5     | 6.3       | 60           | 1         |
| Now Sports Pea Protein Powder              | 1 scoop      | 120      | 1        | 24          | 2       | 6.3       | 20           | 2         |
| Nutiva Hemp Powder                         | 3 Tbsp       | 90       | 9        | 15          | 3       | 7.2       | 0            | 7         |
| Nuzest Clean Lean Pea Protein              | 2 scoops     | 90       | 2        | 20          | 1       | 4         | 12           | 0         |
| Orgain Organic Meal Protein                | 2 scoops     | 220      | 24       | 20          | 5       | 4.5       | 80           | 5         |
| Plant Fusion                               | 1 scoop      | 120      | 5        | 20          | 2       | 6.3       | 50           | 0         |
| Sun Warrior Classic Protein                | 1 scoop      | 80       | 2        | 17          | 0       | 2.7       | 60           | 2         |
| Vega Protein and Greens                    | 1 scoop      | 110      | 3        | 20          | 2       | 0.72      | 20           | 1         |
| Vega Sport Protein                         | 1 scoop      | 150      | 6        | 30          | 3       | 3.6       | 150          | 3         |