Plant-Based Protein Choices

LEGUMES

Dried peas
Lentils
Peanuts
Peanut Butter

Beans:
(soybeans, chickpeas, kidney beans, black beans, pinto beans)
Soybean products:
tempeh, fortified soy beverage, tofu, edamame, natto

NUTS & SEEDS

Walnuts
Almonds
Pistachios
Hazelnuts
Pumpkin seeds
Flax seeds

Sunflower seeds
Chia seeds
Hemp Seeds
Nut butters

GRAINS

Oats
Rice
Pot barley
Bulgur (Cracked Wheat)
Whole wheat flour
Wheat berries
(Farro, Freekeh, Kamut®, Spelt)

Quinoa
Amaranth
Millet
Buckwheat
Corn, Maize, Corn Meal

PROCESSED PLANT-BASED PROTEINS

Plant-based protein powders
Refined Soy-based products:
(Veggie burgers & dogs, veggie slices, veggie sausages)
Textured Vegetable Protein (TVP)
Seitan