

## SOURCES OF PLANT PROTEIN



**Pinto Beans**  
1 cup  
15 grams



**Peas**  
1 cup  
8 grams



**Wild Rice**  
1 cup  
7 grams



**Walnuts**  
1/4 cup  
4 grams



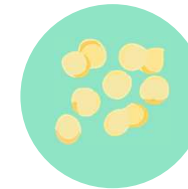
**Flax Seeds**  
1 tablespoon  
2 grams



**Dried Apricots**  
1/2 cup  
2 grams



**Chia Seeds**  
1 ounce  
5 grams



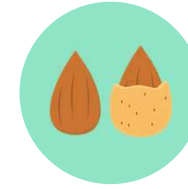
**Quinoa**  
1 cup  
8 grams



**Black Beans**  
1 cup  
15 grams



**Broccoli**  
1 cup  
3 grams



**Almonds**  
1/4 cup  
8 grams



**Edamame**  
1 cup  
17 grams



**Avocado**  
1/2 avocado  
2 grams



**Spinach**  
1 cup  
1 grams



**Oat Bran**  
1 cup  
7 grams