

Vegan sources of protein

Protein plays an essential role in the body, providing energy and aiding in the growth and repair of muscles, bones, skin and hair.

Recommended Daily Intake (RDI) for protein



Age 19-70 M
0.84g/kg
body weight



Age 70 M
1.07g/kg
body weight



Age 19-70 F
0.75g/kg
body weight



Age 70 female
0.94g/kg
body weight



Food (serving size)	Protein (g)	Energy (kJ)
Soybeans , boiled 1 cup (172 g)	29	1,248
Tofu , firm, raw, ½ cup (126 g)	22	760
Peanuts , raw, ½ cup (73 g)	19	1,735
Tempeh , cooked, 100 g	19	821
Lentils , boiled, 1 cup (198 g)	18	961
White/Cannellini beans , boiled, 1 cup (180 g)	17.4	1,043
Adzuki beans , boiled, 1 cup (230 g)	17.3	1,231
Pinto beans , boiled, 1 cup (171 g)	15.4	1,026
Kidney beans , cooked, 1 cup (177 g)	15.3	942
Chickpeas , cooked, 1 cup (164 g)	14.5	1,126
Oats , raw, 1 cup (95 g)	12.5	1,505
Edamame , in pod, cooked, 1 cup (93 g)	11.1	470
Hemp seeds , 3 tbsp (30 g)	9.4	816
Pumpkin seeds , ¼ cup (28 g)	9	660
Quinoa , cooked, 1 cup (185 g)	8	928
Soy milk , regular, 1 cup	6.4	438
Almonds , raw ~ 23 nuts (28 g)	6	687
Pistachios , raw ~ 50 nuts (28 g)	5.7	664
Flax seeds , 3 tbsp (28 g)	5.2	632
Sunflower seeds , 3 tbsp (25 g)	5.2	611
Cashew nuts , raw ~ 20 nuts (28 g)	5.1	649
Sesame seeds , 3 tbsp (28 g)	5	664
Chia seeds , 3 tbsp (28 g)	4.7	577
Oat milk , 1 cup (243 g)	4.7	544
Brown rice , medium grain, cooked, 1 cup (195 g)	4.5	913
Walnuts , raw ~ 14 halves (28 g)	4.3	776
Spirulina , dried, 1 tablespoon (7 g)	4	85
Peanut butter , no added sugar, 1 tablespoon (16 g)	3.9	394
Broccoli , raw, chopped, 1 cup (96 g)	3	130