



Vegan Protein Sources & RDI

Vegan Protein sources



cooked beans
1 cup = 15g



sunflower seeds
1 cup = 24g



Edamame
1 cup = 29g



cooked quinoa
1 cup = 8g



Brown Rice
1 cup = 5g



Cooked chickpeas
1 cup = 12g

**Recommended Daily
Intake (RDI)
Protein/body
weight/day**

**Men: 0.84g/kg
Women: 0.75g/kg**



Cooked Lentils
1 cup = 18g



cooked spinach
1 cup = 5g



Broccoli
1 cup = 4g



Oats
1 cup = 6g