**Best Sources of Protein for Vegetarians**

Compiled is a list of some of **the best protein sources** within different food groups, comparing what could be considered a normal serving:

**Food                                           Amount          Calories    Protein      Notes**

**Nuts and Seeds**

Pumpkin/squash seed 1 oz, 85 seeds    126 cal 5 gm         all aa in proper ratio

Black walnuts                           1 oz                       173 cal       7 gm            low in lysine

Pine nuts                     1 oz, 167 kernels          190 cal      4 gm         low in lysine

Roasted almonds         1 oz, 22 count              171 cal        6gm          low in lysine and methionine

Pistachios                      1 oz 49 count               161 cal        6gm         all aa in proper ratio

Sunflower seeds                      1 oz                  166 cal         5 gm         low in lysine

Peanuts without shells            1 oz                    160 cal         7 gm         low in lysine

Cashews                         1 oz 18 kernels          164 cal           4 gm         all aa in proper ratio

Hemp seeds                             2 T                    160 cal         11gm        all aa in proper ratio

Flax seeds                               1 T                    100 cal         4 gm

**Dairy Products**

Ricotta cheese lowfat                ½ c          171 cal              14 gm         all aa  high in lysine

Romano cheese                       1 oz           108 cal              9 gm          all aa in proper ratio

Cheddar cheese                       1 oz            113 cal              7 gm          all aa in proper ratio

Provolone cheese                     1 oz              98 cal                7 gm         all aa  high in lysine

Mozzarella                               1 oz               71 cal                7 gm         all aa high in lysine

Parmesan                                  1 oz             116 cal              7 gm        all aa high in lysine

Gouda cheese                           1 oz           100 cal              8 gm       all aa high in lysine

Swiss cheese                             1 oz             100 cal              8gm         all aa high in lysine

Feta cheese                      ½ c crumbled      200 cal              21 gm       all aa

Cottage cheese 2% low fat    1 cup          163 cal              28 gm        all aa

Egg                                       1 whole           77 cal               6 gm          all aa

Egg whites                            1 whole           16 cal                4 gm          all aa

Milk                                      1 cup               137 cal              10 gm         all aa

Yogurt low fat                       1 cup               137 cal            14 gm        low in tryptophan

**Vegetables**

Corn yellow canned             2/3 cup               80 cal               3 gm        high in lysine

Sun-dried tomatoes          ½ cup (1 oz)            72 cal             4 gm        lacks 5 aa

Soy beans                              1 oz                       35 cal             4 gm        all aa, but a little low in methionine+cystine, phenylalanine+tyrosine

Cowpeas (blackeyes)           2 oz                        74 cal                4 gm        all aa

Navy beans                         4 oz                          88 cal               8 gm        all aa, low in methionine + cystine

Peas                                   4 oz                       108 cal              8 gm       all aa except no trypotophan

Lima beans                          4 oz  cal                  88 cal               5 gm        all aa, low in methionine + cystine

Brussel sprouts                    1 cup                    65 cal               6 gm.     low in leucine, lysine, methionine + cystine, phenylalanine + tyrosine

Spinach                             1 cup chopped         65 cal                 6 gm       low in methionine + cystine

Broccoli                             1 cup spears            52 cal                6 gm       low in methionine + cystine

Potato                               1 med with skin     161 cal              4 gm      all aa in proper ratio

Asparagus                          ½ cup                      20 cal                 2 gm     all aa in proper ratio

**Fruits**

Apricots dried                     ½ cup                   190 cal              3 gm        low in methionine + cystine

Peaches dried                      ½ cup                    185 cal              3 gm        low in trptophan and lysine

**Cereal, bread, grains and pasta**

Oat bran                              1 oz                     59 cal               5 gm        low in lysine

Oats                                      1 oz                   109 cal             5 gm         low in lysine

Wheat flour                           1 oz                    95 cal              4 gm          low in lysine

Spaghetti, whole wheat      dry 2 oz               198 cal             8 gm         low in lysine

Egg noodles                      dry 2 oz               219 cal            8 gm           low in lysine

Buckwheat                           1 oz                    96 cal              4 gm        all aa in proper ratio

Couscous dry                       1 oz                   105 cal             4 gm           low in lysine

Bulgur                             dry 1 oz                   96 cal              3 gm           low in lysine

Millet raw                              1 oz                  106 cal             3 gm          low in lysine

Bread, pumpernickel           1 slice                  65 cal               2 gm           low in lysine

Bread, reduced cal white      1 slice                48 cal               2 gm          low in lysine

Rice, brown long grain cooked  1 cup         216 cal             5 gm          low in lysine

White rice, cooked               1 cup                 194 cal            4 gm         low in lysine

Whole wheat bread              1 slice                  69 cal              4 gm         low in all aa except tryptophan

White bread                         1 slice                 67 cal             2 gm         low in lysine

Oatmeal bread                     1 slice                 73 cal             2 gm         low in lysine

Rye bread                            1 slice                 83 cal             2 gm         low in lysine

Whole wheat pita bread    4” diameter           74 cal             3 gm         low in lysine

Pita white enriched            4” diameter          77 cal              3 gm        low in lysine

**Combination suggestions**

If low in lysine-  Combine with ricotta, provolone, gouda, mozzarella, parmesan, gruyere, swiss cheese, soy, tuna, salmon

If low in tryptophan-  Combine with oat bran, pumpkin seeds, sesame seeds,  black walnuts, sunflower seeds, cashews, pistachios, almonds, cod, lobster, tuna

If low in methionine + cystine, :phenylalanine + tyrosine  combine with chestnuts, brazil nuts, halibut, oatmeal, sesame seeds, oat bran, eggs