



PROTEIN FOODS FOR VEGANS & VEGETARIANS

In order to optimally support your health and the growth and development of your baby during pregnancy, you should strive to consume about 80 grams of protein daily. Below is a list of protein-rich foods and a list of food combinations that will result in complete proteins. It is not necessary to eat a complete protein combination each time you eat protein foods, as you will get all the necessary amino acids by eating a variety of protein foods throughout the day. In general, you should make it a goal to eat protein at every meal and snack – you will reduce your risk of pre-eclampsia, have more stable moods and lots of energy!

FOOD	SERVING SIZE	PROTEIN (grams)
Tempeh	1 cup	31
Seitan	4 oz	21
Tofu, firm	4 oz	20
Lentils	1 cup, cooked	18
Kidney, Lima, Black, Pinto, Garbanzo beans (chickpeas)	1 cup, cooked	15
Cottage cheese	½ cup	14
Black-eyed peas	1 cup, cooked	13
Quinoa	1 cup, cooked	11
Soy milk, soy yogurt	1 cup	10
Cheese (cheddar, swiss, muenster, jack, feta, etc.)	1 ¼ oz	8
Cow's milk, yogurt, ice cream	1 cup	8
Peanut butter	2 tbsp	8
Sunflower seeds	¼ cup	8
Green peas	1 cup, cooked	8
Pumpkin seeds	1 oz	7
Amaranth grain	¼ cup	7
Wheat germ	¼ cup	7
Almonds, brazil nuts, hazel nuts, walnuts	2 oz	7
Hemp seed (also a great source of EFAs and antioxidants)	2 tbsp	6
Bulgar	1 cup, cooked	6
Eggs	1	6
Spirulina powder	1 heaping tbsp	6
Brown rice	1 cup, cooked	5

Protein content varies in prepared foods, so check nutritional labels for exact amounts

The following are suggestions for complete vegetable proteins, where foods deficient in certain amino acids are combined with foods rich in those same amino acids:

Rice + legumes	Soy + peanuts + sesame
Corn + legumes	Soy + peanuts + wheat + rice
Wheat + legumes	Sesame + beans
Wheat + sesame + soy	Sesame + soy + wheat
Rice + Brewer's yeast	Peanuts + sunflower seeds
Beans + wheat	Greens + millet or rice
Beans + corn	Lima beans, green beans, Brussel sprouts, cauliflower, or broccoli + sesame seeds or Brazil nuts or mushrooms
Soy + rice + wheat	

► **Nuts, seeds & hard-boiled eggs are easy protein snacks to carry with you.**

► **Protein powders can be added to shakes for extra protein, but it's best to try to get as much of your protein as you can from the foods you eat.**