

# Vegetarian Sources of Protein

Protein is an essential nutrient for maintaining muscles and bones, supporting the immune system, and keeping the body strong and healthy. Adults should aim for 20-30 grams of protein per meal and 5-10 grams at snacks. Below is a table of high-protein foods to help you meet your protein needs.

Food		Serving Size	Protein
Protein powder		1 scoop	15-25g
Skyr		¾ cup	21g
Soybeans		¾ cup (cooked)	21g
Tempeh		85g	18g
Greek yogurt		¾ cup	18g
Cottage cheese or Ricotta cheese		½ cup	15g
Seitan		85g	15g
Tofu (medium to extra-firm)		85g	8-14g
Lentils		¾ cup (cooked)	13g
Beans (black, white, navy, pinto, kidney)		¾ cup (cooked)	9-13g
Split peas		¾ cup (cooked)	12g
Legume pasta		1 cup (cooked)	12g
Eggs		2 large or 6 Tbsp liquid egg	12g
Cheese, block (cheddar, mozzarella, Swiss, feta)		50g	12g
Paneer		50g	11g
Chickpeas		¾ cup (cooked)	9g
Frozen edamame		½ cup (no shell)	9g

Note: Numbers may vary between brands – read product labels for more accurate values.

\*All nutrition information is from the Canadian Nutrient File Database or food manufacturer labeling.

Food		Serving Size	Protein
Peanuts		¼ cup (no shell)	9g
Yogurt		¾ cup	9g
Cow's milk		1 cup	9g
Kefir		1 cup	8g
Peanut butter		2 Tbsp	8g
Almonds		¼ cup	8g
Pistachios		¼ cup	7g
Soy beverage		1 cup	7g
Soy yogurt		¾ cup	6g
Hemp seeds		2 Tbsp	6g
Pumpkin seeds		2 Tbsp	5g
Almond butter		2 Tbsp	5g
Tahini		2 Tbsp	5g
Nuts (Brazil, Cashew, Hazelnut, Pine)		¼ cup	5g
Soft tofu		85g	5g
Oats		½ cup (raw)	5g
Chia seeds or Flax seeds		2 Tbsp	4g
Nutritional Yeast		2 Tbsp	4g
Walnuts		¼ cup	4g
Hummus		¼ cup	4g
Quinoa		½ cup (cooked)	4g

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