

Sources of Vegan Protein

This handout explains how to choose vegan protein sources. It includes tips for combining different foods, measuring portions, and meeting your calorie, protein, and carbohydrate goals.

Vegan foods that are higher in protein and fiber are great to add to your diet to meet your nutritional needs. Use your nutrient tracking app to check how much protein and fiber you’re eating.

- See the UW Center for Weight Loss and Metabolic Surgery website for a free YouTube video called “Eat Well Be Well Nutrition Series” to learn more about the different types of fat.
- Use your measuring tools to maximize your accuracy and awareness.
- Eat a combination from more than one group a day to meet all essential amino acid needs.
- See *Sources of Protein* for more options and information.

Choose from the following sources:

Beans (legumes):

- Adzuki
- Black
- Black-eyed peas
- Cannellini
- Lentils
- Chickpea
- Fava
- Garbanzo
- Kidney
- Pinto
- Great northern
- Mung bean
- Peas

Grains:

- Amaranth
- Barley
- Brown Rice
- Farro
- Teff
- Oats
- Quinoa
- Spelt
- Sprouted grains
- Wild rice

Others:

- **Nutritional yeast:** powder that tastes like cheese
- **Mycoprotein:** found in meat alternatives
- **Seitan:** similar texture as ground meat
- **Soy:** edamame, milk, tempeh, tofu
- **Seeds:** hemp, chia
- **Spirulina:** blue-green algae

Unflavored Powders:

- Stir powder into water or broth and rest to rehydrate the powder into a paste prior to stirring into food.
- Hemp
- Pea
- Pumpkin seed
- Rice
- Soy

Shakes:

Try to find a powder or liquid that has a combination of sources from grains, seeds, and lentils to provide all essential amino acids per serving.

- Look for less than 180 calories, 25-30 g protein, less than 7 g total carb.
- See the *Choosing Protein Supplements* page for more options.

- Ancient Nutrition
- Evolve
- Garden of Life
- Ghost
- Huel Complete
- Naked Pea
- Orgain
- Owyn
- Ripple
- Sunwarrior
- Truvani
- Vega One

