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VEGAN PROTEIN SOURCES

- Beans/Legumes/ Split Peas ½ cup = 5-7 grams
- Tempeh 4 oz. = 20-22gram
- Soy-nuts ¼ cup = 12-14 grams
- Regular nuts ¼ cup (1oz) 7 grams....but also 180 calories.
- Protein shakes = varies
- Tofu 3 - 4 oz. = 7 gram
- 1 cup shelled edamame = 15-20 gram
- 1 serving whole grains (whole wheat bread, ¾ cup healthy cereals) = 3 gm.
- Vegan products (Morning star farms/Boca) 9-15 grams (check label)

Bonus:

1 serving starchy veggies (small potato or ½ cup mashed) = 3 grams and even low starch veggies have a couple grams (1 cup raw or ½ cup cooked = 2 grams)

Calculate Protein Needs

Take a healthy weight for YOU in pounds and divide it by two
That's about how many protein grams you need per day.

Add 7-10 grams if active/or if you lift weights
Substrate 7-10 grams if you are Very inactive

Add 20 grams if pregnant
Add 30 grams if nursing

