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 Our Heart "Beets" Plant Strong

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Plant Based Protein

Common foods on a whole foods, plant based diet and the amount of protein they contain.

FOOD	SERVING	PROTEIN (g)	Calories
Black Beans	1 cup cooked	14.2	240
Pinto Beans	1 cup cooked	12	194
Chick Peas	1 cup cooked	12	228
Kidney Beans	1 cup cooked	14	219
Great Northern Beans	1 cup cooked	17	246
Silken Tofu	1/3 of 16 oz. package	6	66
Firm Tofu	1/3 of 14 oz. package	12	105
Extra Firm Tofu	1/3 of 14 oz. package	14	120
Lentils	1 cup cooked	18	229
Tempeh	1 cup	31	320
Edamame	½ cup shelled	11	120
Green Peas	1 cup cooked	8	125
Spinach	1 cup raw	1	7
Kale	1 cup chopped	1	8
Cabbage	1 cup cooked	2	35
Bok Choy	1 cup chopped raw	1	9
Sweet Potato	1 medium baked	2	102
White Baking Potato	1 medium baked	4	161
Walnuts	¼ cup	4.5	191
Chia Seeds	3 Tbsp	5	146

Plant Based Protein

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FOOD	SERVING	PROTEIN (g)	Calories
Flaxseed	2 Tbsp ground	4	100
Hemp Seeds	¼ cup	12.6	221
Whole Wheat Pasta	1 cup cooked	8.4	209
Chickpea (Banza) Pasta	1 serving Ziti	14	190
Quinoa	1 cup cooked	8	222
Brown Rice	1 cup cooked	5.5	248
Basmati Rice	1 cup cooked	3.2	181
Faro	1 cup cooked	6.5	169
Barley	1 cup cooked	5.4	193
Bulgar Wheat	1 cup cooked	5.6	151
Millet	1 cup cooked	6.1	210
Freekeh	1 cup cooked	8	130
Rolled Oats	½ cup dry	5.3	153
Steel Cut Oats	½ cup dry	10.5	303
Teff	1 cup cooked	9.1	251
Broccoli	1 cup cooked	5.7	51.5
Cauliflower	1 cup cooked	2.9	34.2
Beets	1 cup raw	4.6	121.5
Mushrooms	1 cup raw	3	21
Carrots	1 cup chopped	1.2	52
Zucchini	1 cup raw	1.8	25.3
Bananas	1 medium	1.3	104
Blueberries	1 cup	1.1	85
Blackberries	1 cup	2	62
Avocado	½ California	1.3	113.6