

Where Do Vegans Get Their Protein?

VEGETABLES:

- Alfalfa sprouts
- Artichoke
- Asparagus
- Bamboo shoots
- Beans, green
- Beans, yellow
- Beets
- Beet greens
- Broccoli
- Brussels sprouts
- Burdock
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Celery root
- Chilies
- Corn
- Cucumber
- Eggplant
- Escarole
- Fennel
- Garlic
- Garden cress
- Garlic
- Greens (all)
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Parsley
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkin
- Purslane
- Radishes
- Rhubarb
- Rutabaga

- Salsify
- Scallions
- Shallots
- Snow peas
- Sorrel
- Spinach
- Squash (all)
- Succotash
- Sweet potato
- Swiss chard
- Tomatoes
- Turnips
- Turnip greens
- Water chestnuts
- Watercress
- Yams
- Zucchini

LEGUMES:

Beans:

- Anasazi
- Adzuki
- Black (turtle)
- Butter beans
- Cannellini
- Cranberry
- Fava
- Flageolet
- Great northern
- Kidney
- Lima
- Navy
- Pinto
- Runner

Soy:

- Soy milk
- Soy cheese
- Tofu
- Tempeh
- Edamame

Dried peas:

- Black-eyed
- Green
- Yellow
- Chick (garbanzos)
- Crowder

Lentils:

- Brown
- French
- Green
- Red

GRAINS:

- Barley
- Buckwheat
- Bulgur
- Quinoa
- Millet
- Oats
- Pasta
- Popcorn
- Quinoa
- Rice, brown
- Rice, wild
- Rye
- Sorghum
- Triticale
- Whole wheat products
- Breakfast cereal
- Seitan (wheat meat)

NUTS & SEEDS:

- Almonds/butter
- Peanuts/butter
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds

- ...and pretty much any other foods made from plants. (Protein is found in all foods except for oils.)
People who consume a whole-foods, plant-based diet need not be concerned about getting adequate protein.