

Vegetarian Protein % Chart

LEGUMES %

Soybean Sprouts	54
Soybean Curd (tofu) ...	43
Soy flour	35
Soybeans	35
Broad Beans	32
Lentils	29
Split Peas	28
Kidney Beans	26
Navy Beans	26
Lima Beans	26
Garbanzo Beans	23

VEGETABLES %

Spirulina (Plant Algae) ...	60
Spinach	49
New Zealand Spinach ...	47
Watercress	46
Kale	45
Broccoli	45
Brussels Sprouts	44
Turnip Greens	43
Collards	43
Cauliflower	40
Mustard Greens	39
Mushrooms	38
Chinese Cabbage	34
Parsley	34
Lettuce	34
Green Peas	30
Zucchini	28
Green Beans	26
Cucumbers	24
Dandelion Greens	24
Green Pepper	22
Artichokes	22
Cabbage	22
Celery	21
Eggplant	21
Tomatoes	18
Onions	16
Beets	15
Pumpkin	12
Potatoes	11
Yams	8
Sweet Potatoes	6

GRAINS %

Wheat Germ	31
Rye	20
Wheat, hard red	17
Wild rice	16
Buckwheat	15
Oatmeal	15
Millet	12
Barley	11
Brown Rice	8

FRUITS %

Lemons	16
Honeydew Melon	10
Cantaloupe	9
Strawberry	8
Orange	8
Blackberry	8
Cherry	8
Apricot	8
Grape	8
Watermelon	8
Tangerine	7
Papaya	6
Peach	6
Pear	5
Banana	5
Grapefruit	5
Pineapple	3
Apple	1



NUTS AND SEEDS %

Pumpkin Seeds	21
Sunflower Seeds	17
Walnuts, black	13
Sesame Seeds	13
Almonds	12
Cashews	12
Macadamias	9

Data obtained from *Nutritive Value of American Foods in Common Units, USDA Agriculture Handbook No. 456*. Reprinted with author's permission, from *Diet for a New America* by John Robbins (Walpole, NH: Stillpoint Publishing)