

# Non-Meat or Plant-Based Proteins

Most of the proteins on this list must be combined with other proteins to create a complete protein. Eat a wide variety of proteins to make sure you get all nine of the amino acids your body needs.

**WIC** WIC eligible

★ Complete protein (contains all nine essential amino acids)

**g** grams of protein

**WIC** **Oats**

1 cup  
5.9g of protein



**WIC** **Split peas**

boiled, 1 cup  
16.35g of protein



★ **Hemp seeds**

hulled, 3 tablespoons  
9.47g of complete protein



& **Flax seeds**

whole, 1 tablespoon  
1.88g of protein

**WIC** **Chickpeas/garbanzo beans**

boiled, 1 cup  
14.53g of protein



**WIC** ★ **Sprouted lentils**

1 cup  
6.9g of complete protein



**Almonds**

1/4 cup  
7.56g of protein



**Wild rice**

cooked, 1 cup  
6.54g of protein

★ **Amaranth**

cooked, 1 cup  
9.35g of complete protein



**Sunflower seeds**

1 cup  
15.24g of protein

**WIC** **Pinto beans**

boiled, 1 cup  
17.30g of protein



**WIC** **Black beans**

1 cup  
15.24g of protein

**Edamame**

prepared, 1 cup  
18.46g of protein



**Adzuki beans**

boiled, 1 cup  
17.30g of protein



★ **Quinoa**

cooked, 1 cup  
8.14g of complete protein



★ **Buckwheat**

1 cup  
15.1g of complete protein



**WIC** **Lentil beans**

boiled, 1 cup  
17.86g of protein

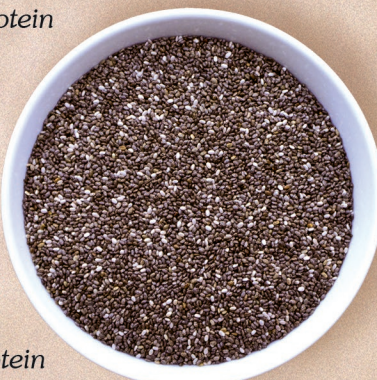


**Walnuts**

chopped, 1/4 cup  
4.45g of protein

★ **Chia seeds**

1 ounce  
4.69g of complete protein



**Sesame seeds**

dried, 1/4 cup  
6.38g of protein



**WIC** **White beans**

boiled, 1 cup  
17.42g of protein