

# Where Do You Get Your Protein?



**People can get all the protein they need from vegan foods without the artery-clogging cholesterol and saturated animal fat found in animal products.**

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## GREEN PEAS

cooked, 1 cup: 9 g



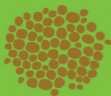
## BROCCOLI

cooked, 1 large stalk: 7 g



## POTATO

baked, 1 large: 7 g



## LENTILS

cooked, 1 cup: 18 g



## BLACK BEANS

cooked, 1 cup: 15 g



## VEGGIE BURGER

1 patty: 13 g



## TOFU

firm, ½ cup: 10 g



## SPAGHETTI

cooked, 1 cup: 8 g



## PEANUT BUTTER

2 Tbsp.: 8 g



## SOY MILK

plain, 1 cup: 8 g



## SOY YOGURT

plain, 1 container: 6 g



## SOY CHIK'N NUGGETS

4 pieces: 14 g