

# Complete Vegetarian PROTEINS



## Complete Protein

A complete protein refers to foods that contain an equal balance of the nine essential amino acids that the body can't produce. The optimal profile of these 9 essential amino acids is as listed below as per the Institute of Medicine's Food and Nutrition Board.

7 mg/g of Tryptophan  
27 mg/g Threonine  
25 mg/g Isoleucine  
55 mg/g Leucine  
51 mg/g Lysine  
25 mg/g Methionine+Cystine  
47 mg/g Phenylalanine+Tyrosine  
32 mg/g Valine  
18 mg/g Histidine

Food	Serving Size	Protein (g)
<input type="checkbox"/> Quinoa	1 cup	8
<input type="checkbox"/> Buckwheat	1 cup	6
<input type="checkbox"/> Soy	1/2 cup	10
<input type="checkbox"/> Hempseed	2 tablespoon	10
<input type="checkbox"/> Chia	2 tablespoon	4
<input type="checkbox"/> Amaranth	1 cup	9

## Combinations

<input type="checkbox"/> Rice and beans	1 cup	7
<input type="checkbox"/> Spirulina and nuts	1 tablespoon	4
<input type="checkbox"/> Hummus and Pita	2 tablespoons + 1 whole-wheat pita	7
<input type="checkbox"/> Peanut butter sandwich	2 tablespoons + 2 slice whole-wheat bread	15

Source:

<sup>1</sup><http://greatist.com/health/complete-vegetarian-proteins>

<sup>2</sup><http://www.revmodo.com/organic-food/8-plant-foods-that-contain-complete-proteins-for-vegans/>

Visit the recipe hub on our website [www.rmalab.com](http://www.rmalab.com) to print off the recipe for delicious vegetarian dishes.