



## Protein Rich Foods - Vegan

### Cereal Products

Gluten from Wheat	74.9%	Wheat Germ	22.6%	Spelt Flour	18.7%
Wheat Bran	14.8%	Wild Rice	14.7%	Quinoa	14.1%
Couscous	13.8%	Rolled Oats	12.7%	Pasta Wholemeal	12.5%
Wholemeal Rye Flour	12%	Buckwheat	11.7%	Wholemeal Wheat Flour	11.3%
Millet	11.1%	Buckwheat Noodles	10.8%		

### Herbs & Spices

Parsley, dried	26.6%	Fenugreek Seeds, dried	18.4%	Cumin Seeds, dried	18.4%
Basil, dried	18.2%	Chili, dried	14.1%	Paprika	14.1%
Turmeric	14%	Coriander Seeds, dried	13%	Cardamom Seeds, ground	10.8%
Black or White Pepper			10.7%	Sage, dried	10.6%

### Legumes and Pulses

Lupin Beans	41%	Lentils, dried	24.7%	Split Peas, dried	23%
Red Kidney Beans, dried	22.5%	Haricot Beans, dried	21.9%	Lima Beans, dried	21.4%
Chick Pea (Besan) Flour	19.7%	Red Beans, dried	13.8%		

### Miscellaneous

Spirulina Powder	57.4%	Seaweed	46.7%	Yeast Powder	36.4%
Vegemite	24.1%	Cocoa Powder	16.1%	Goji Berries	14.2%
Tomato, sundried	11.2%	Mesquite Powder	12%		

### Nuts and Seeds

Hemp Seeds	31.5%	Pumpkin Seeds	30.2%	Sunflower Seeds	26.8%
Pandanus Kernel	25.9%	Peanuts	24.4%	Sesame Seeds	22.2%
Almonds	21%	Wattle Seeds	20.3%	Pistachios	21%
Linseed/ Flaxseed	18.3%	Poppy Seeds	18%	Cashews	17%
Chia Seeds	16.5%	Hazelnuts	14.8%	Brazil Nuts	14.4%
Walnuts	14.4%	Popcorn	14.1%	Pinenuts	13%

### Soya Products

Soya Flour	46.5%	Soya Beans, dried	31.3%	Tempeh (Fermented Soy)	23.2%
Tofu (Soya Bean Curd)	13.5%	Miso (Soya Bean Paste)	12.9%	Edamame Beans	12%

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