

# Comparison of 10 Plant-Based Protein Supplements



## Peanut

13 g of protein per 1/4 cup

### Benefits

- High amounts of arginine, which is vital for immune health

### Things to Watch Out For

- Low in methionine



## Soy

20-30 g of protein per 1/4 cup

### Benefits

- High in BCAAs
- May help lower cholesterol
- May help regulate menopausal symptoms

### Things to Watch Out For

- Low in methionine

NOTE: The nutritional value for different supplements may vary depending on the brand, the blend, and added ingredients.



## Algae

**Varies** protein per 1/4 cup

### Benefits

- Highly ethical
- Similar amino acid profiles to traditional protein sources

### Things to Watch Out For

- May have absorption limitations
- Difficult to obtain
- Nutrition varies depending on the source



## Pea

**21 g** of protein per 1/4 cup

### Benefits

- High in BCAAs
- May promote digestive health

### Things to Watch Out For

- Low in methionine

NOTE: The nutritional value for different supplements may vary depending on the brand, the blend, and added ingredients.



## Chia

10 g of protein per 1/4 cup

### Benefits

- Can be made at home
- High in omega-3 fatty acids

### Things to Watch Out For

- Low in lysine



## Sacha inchi

17 g of protein per 1/4 cup

### Benefits

- Comparable to soy
- High in arginine, which helps to improve blood pressure

### Things to Watch Out For

- Low in lysine
- Difficult to come by
- Pricey

NOTE: The nutritional value for different supplements may vary depending on the brand, the blend, and added ingredients.



## Hempseed

12 g of protein per 1/4 cup

### Benefits

- Easily digestible
- High in fiber

### Things to Watch Out For

- Low in lysine
- Must be cold-pressed to fully take advantage of nutritional components



## Pumpkin

18 g of protein per 1/4 cup

### Benefits

- Good source of fiber, antioxidants, magnesium, and zinc

### Things to Watch Out For

- Low in lysine and threonine

NOTE: The nutritional value for different supplements may vary depending on the brand, the blend, and added ingredients.



## Brown rice

22 g of protein per 1/4 cup

### Benefits

- High in BCAAs

### Things to Watch Out For

- Low in lysine



## Blends

Varies protein per 1/4 cup

### Benefits

- Allows amino acid profiles to complement one another

### Things to Watch Out For

- Can be pricey
- Proportions of ingredients not clear

NOTE: The nutritional value for different supplements may vary depending on the brand, the blend, and added ingredients.