



**Humane World
for Animals**

Formerly called the
Humane Society of the
United States

Plant and animal protein comparisons

	Tofu (extra firm, uncooked)	Tempeh (uncooked)	Seitan (uncooked)	Black beans (boiled)	Lentils (boiled)	Almonds (raw)	Hemp Seeds (raw)	Chicken (breast, skinless)	Beef (lean, raw)	Pork (loin, broiled)	Turkey (breast, skinless, roasted)	Salmon (Atlantic, roasted)	Eggs (whole, boiled)
Serving size	3 oz	3 oz	3 oz	1 cup	1 cup	1 oz	1 oz	3 oz	3 oz	3 oz	3 oz	3 oz	3 oz
Calories (kcal)	86	173	90	227	229	164	170	93	183	204	115	175	132
Carbohydrates (g)	2.2	12	3	40	39	5.6	5.7	0	0	0	0	0	1
Protein (g)	9	16	18	15.2	18	6	9.5	19.6	15.8	24.4	25.6	18.8	10.7
Total fat (g)	4.3	6	1	0.9	0.8	14	11.3	1.1	12.8	11.1	0.7	10.5	9
Cholesterol (mg)	0	0	0	0	0	0	0	49	58	70	71	54	361
Fiber (g)	1.5	9	1	15	16	3.3	3.8	0	0	0	0	0	0
Iron (mg)	2	2.3	1	4	7	1.2	2	0.9	2	0.7	1	0.8	1

This table includes nutrition information for common plant and animal-based protein sources, Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrition may vary based on methods of preparation, origin, and freshness of ingredients, among other factors.. Photo credit: Steven Seighman/Humane World for Animals.

Plant-based protein sources

A common misconception is that you can't get enough protein on a plant-based diet.

There are many plant foods that are rich sources of protein including lentils, beans, tofu, and nuts. Most are also high in fiber and low in fat and cholesterol; allowing you to feel fuller longer and reducing risks of chronic diseases, such as diabetes, heart disease, cancer and cognitive decline. Plants are the most nutrient dense foods we can eat, full of vitamins and minerals. And most plant-based protein ingredients such as legumes, beans and whole grains are often cheaper per number of calorie than meats and fish.



Steven Seighman/Humane World for Animals

