

Food Item	USDA NDB#	Calories per lb	Protein (gm)/lb	% Calories from Protein
<b>LEGUMES</b>				
Pinto Beans	16043	649	40.91	25.2%
Navy Beans	16038	636	37.36	23.5%
Black Beans	16015	599	40.22	26.9%
Garbanzo Beans	16057	745	40.22	21.6%
Great Northern Beans	16075	536	37.82	28.2%
Red Kidney Beans	16033	577	39.36	27.3%
Adzuki Beans	16002	581	34.14	23.5%
White Beans	16050	631	44.17	28.0%
Lima Beans	16072	522	35.41	27.1%
Lentils	16070	527	40.95	31.1%
Split Peas	16386	527	37.86	28.7%
Peanut (Spanish)	16091	2588	118.72	18.3%
<b>WHOLE GRAINS</b>				
Buckwheat	20010	418	15.35	14.7%
Corn	11168	436	15.48	14.2%
Kamut	20139	663	29.28	17.7%
Millet	20032	540	15.94	11.8%
Oats	08121	322	11.53	14.3%
Quinoa	20137	545	19.98	14.7%
Brown Rice	20037	504	11.71	9.3%
Teff	20143	459	17.57	15.3%
Whole Wheat	08145	281	9.08	12.9%
Barley				
<b>FRUIT</b>				
Apples	09003	236	1.18	2.0%
Red Grapes	09132	313	3.27	4.2%
Strawberries	09316	145	3.04	8.4%
Peaches	09326	177	4.13	9.3%
Pears	09252	259	1.63	2.5%
Bananas	09040	404	4.95	4.9%
Oranges	09202	222	4.13	7.4%
Grapefruit	09114	136	2.5	7.4%
Pineapple	09266	227	2.45	4.3%
Watermelon	09326	136	2.77	8.1%
Cantaloupe	09181	154	3.81	9.9%
Honeydew	09184	163	2.5	6.1%
Avocado	09037	726	9.08	5.0%
<b>SEEDS</b>				
Sunflower	12036	2651	94.34	14.2%
Pumpkin	12014	2538	137.24	21.6%
Sesame	12023	2601	80.49	12.4%
Flax	12220	2424	83.04	13.7%
Chia	12006	2206	75.09	13.6%

## The Percentage Calories From Protein in Common Plant Foods

Jeff Novick, MS, RD ©2013

The following numbers are from the USDA Standard Reference Release 26, which can be found here. All items were calculated at 454 grams (1 lb). To see the exact description,

look up the USDA NDB# in the USDA SR 26 Database.

<http://ndb.nal.usda.gov/ndb/search/list>

Food Item	USDA NDB#	Calories per/lb	Protein (gm)/lb	% Calories from Protein
<b>STARCHY VEGETABLES &amp; TUBERS</b>				
Peas	11305	381	24.33	25.5%
Corn	11168	436	15.48	14.2%
Hubbard Squash	11490	227	11.26	19.8%
Acorn Squash	11483	254	5.08	8.0%
Butternut Squash	11486	182	4.09	9.0%
Pumpkin	11423	91	3.27	14.4%
Potato (Russet)	11356	440	11.94	10.9%
Sweet Potatoes	11517	454	7.76	6.8%
Yams	11602	527	6.76	5.1%
<b>VEGETABLES</b>				
Romaine	11251	77	5.58	29.0%
Iceberg	11252	64	4.09	25.6%
Kale	11234	127	8.63	27.0%
Collards	11162	150	12.30	33.0%
Spinach	11458	104	13.48	51.8%
Brussels Sprouts	11099	163	11.58	28.4%
Swiss Chard	11148	91	8.54	37.5%
Cauliflower	11136	104	8.35	32.1%
Broccoli	11091	159	10.81	27.2%
Mushroom	11261	127	9.85	31.0%
Red Pepper	11821	141	4.49	12.7%
Onion	11282	182	4.99	11.0%
Celery	11143	73	3.13	17.2%
Cucumber	11205	68	2.95	17.4%
Zucchini	11478	68	5.18	30.5%
Tomato	11529	82	4	19.5%
<b>NUTS</b>				
Walnut	12155	2969	69.14	9.3%
Almonds	12061	2629	96.02	14.6%
Pecans	12142	3137	41.63	5.3%
Cashews	12087	2511	82.72	13.2%
Brazil Nuts	12078	2978	65.01	8.7%
Hazelnuts	12120	2851	67.87	9.5%
Pistachio	12151	2551	92.03	15.4%
Cocunut	12104	1607	15.12	3.8%
Pine Nuts	12149	2856	52.53	7.3%