

## VEGAN LOW FODMAP PROTEIN OPTIONS

Are you vegan trying to follow the [low FODMAP diet](#) to help manage annoying digestive symptoms? While following the two diets at once can feel restrictive, use the list below to help meet your daily protein needs. You can calculate this number using this basic formula:

Weight (in pounds) divided by 2.2 = Weight (in kilograms)

Weight (in kilograms) x → 0.8 to 1.0 = Basic protein needs

*\*For a more specific calculation based on health conditions and goals, please [reach out to me directly](#).*

Include a variety of protein-rich foods in your meals and snacks to reach your daily goal.

Vegan Food Option	Portion for Low FODMAP	Approximate Protein Grams
Firm or extra firm tofu	2/3 cup cubed	14 grams
Tempeh	100g	18 grams
Soy milk (made from soy protein)	1 cup	6 grams
Edamame (baby soy beans)	1/2 cup of the beans	8 grams
Chia seeds	2 tablespoons	6 grams
Flaxseeds	2 tablespoons	4 grams
Hemp seeds	2 tablespoons	7 grams
Pumpkin seeds	2 tablespoons	3.5 grams
Sesame seeds	1 tablespoon	1.5 grams
Peanuts	32 nuts	5 grams
Other nuts (excluding cashews and pistachios)	~10-15 nuts	~2 grams
Oats (rolled, groats, coarse)	1/2 cup raw	5 grams
Quinoa	1 cup cooked	8 grams
Canned garbanzo beans	1/4 cup	1.5 grams
Canned lentils	1/2 cup	9 grams
Lima beans	1/4 cup	3 grams
Boiled red or green lentils	1/4 cup	4.5 grams
Vegan protein powder from rice or peas	1 serving	Varies depending on brand

*\*This list is based on 08/2018 data from the Monash University Low FODMAP app.*

*\*\*The protein content of each food serving is approximate and can vary based on brand and specific preparation style.*

**For more gut health nutrition information, check out my blog:**

<https://nutritionbyerin.com/category/articlesvideos/>