



NATIONAL NUTRITION MONTH:

6 REASONS WHY

KAMUT® BRAND KHORASAN WHEAT SHOULD BE PART OF A PLANT-BASED DIET.

SETTING YOUR DAILY PROTEIN QUOTA



GRAMS PER SERVING

UNCOOKED KAMUT® BRAND KHORASAN WHEAT



13.5g per ½ cup

COOKED CHICKPEAS



Cooked chickpeas are high in protein, containing 7.25g per ½ cup

COOKED LENTILS



Cooked lentils contain 8.95g of protein per ½ cup

UNCOOKED QUINOA



Uncooked quinoa contains 12g of protein per ½ cup serving

BEANS & BROWN RICE



Separately, rice and beans are incomplete protein sources. Eaten together, this classic meal can provide 5.55g of protein per ½ cup

VEGETABLES



Raw broccoli contains about 1.27g protein per ½ cup. Also, raw kale offers 0.37g of protein per ½ cup, and raw mushrooms offer as much as 1.08g of protein per ½ cup

DATA WAS SELECTED FROM THE FOODDATA CENTRAL SEARCH SITE.

All data is reflected in ½ cup portions

