



## INSIGHTS BRIEF

Fact or Fiction: The Food with the Highest Protein are Nuts and Seeds

### OVERVIEW

This is fact! Pumpkin seeds are #1 on the list and have more protein than meat, including turkey and chicken, and notice that beef is not in the top ten list. In addition to pumpkin seeds, sunflower seeds are 7<sup>th</sup>, pistachios are 8<sup>th</sup>, almonds are 9<sup>th</sup>, and flax is 11<sup>th</sup>. So, if you're vegan or vegetarian and someone asks you the infamous question "how do you get your protein" you can tell them nuts and seeds and share this insight brief. \*Fun fact, peanuts are not nuts but legumes.

### DATA

## ADDRESSING DEFICIENCIES

Type of Food

All

Foods

All

Vitamin A

Vitamin C

Vitamin E

Vitamin K

Fiber

Calcium

Magnesium

Potassium

Protein

Copper

Iron

Zinc

\*Trace Minerals (very small amounts and often cofactors for enzymes.)

Top Common Foods	Vitamin A	Vitamin C	Vitamin E	Vitamin K	Fiber	Calcium	Magnesium	Potassium	Protein	Copper	Iron	Zinc
Pumpkin Seeds					5.10	37	500.00	691	29.90	1.22	8.36	6.34
Turkey	30		0.18			31	29.10	304	27.10	0.17	1.56	3.77
Pork	2	0.70	0.21			22	24.00	362	25.70	0.04	1.29	3.21
Cheese	203			1.30		693	27.20	116	23.70	0.04	0.20	3.62
Peanuts			8.33		8.00	49	180.00	636	23.20	0.46	1.55	2.78
Chicken						4	26.20	330	22.50	0.00	0.35	0.65
Sunflower Seeds	1		19.60	1.20	10.30	78	358.00	689	21.00	1.83	5.21	6.00
Pistachios	516	5.60	2.86		7.00	117	110.00	947	20.50	1.05	3.46	2.18
<b>Total</b>	<b>754</b>	<b>6.90</b>	<b>50.49</b>	<b>6.80</b>	<b>68.70</b>	<b>1576</b>	<b>1,939.50</b>	<b>5944</b>	<b>252.70</b>	<b>6.92</b>	<b>31.04</b>	<b>36.12</b>

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