

# Vegetable Protein Reference

Updated 8/12/2012

Name	Type of Protein	Protein (g) / Serving	Serving Size (g)	Servings / Container	Protein Concentration	Amount (g)	Price	Price / g
<a href="#"><u>Twinlab Vege Fuel 100 Percent Soy Protein</u></a>	Soy	31	36	30	86%	1070.48	\$ 20.58	\$ 0.0192
<a href="#"><u>Ultimate Nutrition Protein Isolate Chocolate Creme</u></a>	Wheat	20	24	57	83%	1360.78	\$ 26.28	\$ 0.0193
<a href="#"><u>Now Foods Pea Protein</u></a>	Pea	28	33	27	85%	907.19	\$ 19.69	\$ 0.0217
<a href="#"><u>Nutiva Organic Hemp Protein</u></a>	Hemp	15	30	45	50%	1360.78	\$ 30.39	\$ 0.0223
<a href="#"><u>Living Harvest Organic Hemp Protein Powder</u></a>	Hemp	13	30	15	43%	453.59	\$ 10.44	\$ 0.0230
<a href="#"><u>NutriBiotic - Rice Protein Vanilla</u></a>	Rice	12	15	90	80%	1360.78	\$ 32.95	\$ 0.0242
<a href="#"><u>Jarrow Formulas Optimal Plant Proteins</u></a>	Pea, Brown Rice, Hemp, Chia	21	35	15	60%	538.64	\$ 14.71	\$ 0.0273
<a href="#"><u>Naturade Pea Protein Vanilla</u></a>	Pea	20	37	12	54%	443.95	\$ 12.67	\$ 0.0285
<a href="#"><u>Green Foods Corporation True Vitality Plant Protein</u></a>	Pea, Rice, Hemp	15	51	14	29%	714.41	\$ 22.87	\$ 0.0320
<a href="#"><u>Genisoy Soy Protein Shake, Chocolate Protein Shake</u></a>	Soy	14	35	18	40%	629.36	\$ 20.36	\$ 0.0324