

# Complimentary Proteins

You can combine the following vegetable proteins to make complete proteins.

## Sources of Complementary Proteins

<i>Grains</i>	<i>+Legumes</i>	<i>+Nuts/Seeds</i>
Barley	Beans	Sesame seeds
Bulgur	Lentils	Sunflower seeds
Cornmeal	Dried peas	Walnuts
Oats	Peanuts	Cashews
Buckwheat	Chickpeas	Pumpkin seeds
Rice	Soy products	Other nuts
Pasta		
Rye		
Wheat		

## Combinations to Create Complete Proteins

<i>*Combine Grains and Legumes</i>	<i>Combine Grains and Nuts/Seeds</i>	<i>*Combine Legumes and Nuts/Seeds</i>
Corn tortillas with refried beans and rice.	Whole-wheat bun with sesame seeds	Humus (chickpeas and sesame paste)
Rice and beans	Breadsticks rolled with sesame seeds	Trail mix (peanuts and sunflower seeds)
Bean soup with whole grain crackers,	Rice cakes with peanut butter	lentil soup with a serving of almonds on the side,
Salad with chickpeas and cornbread	Whole wheat toast with peanut butter	
Whole grain pasta tossed with peas		
Vegetarian chili with bread		

**Also, by adding small amounts of animal protein (meat, eggs, milk, or cheese) to any of the groups, you create a complete protein.**

Here are some examples:

Oatmeal with milk, macaroni and cheese, salad with beans and a hard cooked egg, yogurt with granola, bean and cheese burrito.