**Easily available foods rich in proteins**

Proteins are an important part of our daily diet. They provide our muscles, cells and other vital tissues with the growth factors that are required to keep them healthy and functioning normally.

Protein Rich Food For Vegetarians:

1. Lentils

Lentils, also called daal, is a popular addition to an everyday meal in India. Each cup of lentils contains about 18 g of protein making it an excellent source of vegetarian protein. Lentils can be had in the form of soups or can be eaten with rotis or even rice.

2. Legumes

Legumes include varieties of beans such as kidney beans, black beans, chickpeas and similar ones that are widely considered to be a powerhouse of proteins. Chickpeas contain about 15 g of protein per serving and also contains numerous other elements and minerals that can keep you healthy, strong and fit. Clinical studies also found that regular consumption of legumes can help keep cholesterol levels low.

3. Nuts

Nuts are basically superfoods. If you wish to follow a good veg protein diet, you should strongly consider adding nuts to the cavalry. Nuts such as almonds and cashew nuts are an excellent source of protein and are always included in the protein foods veg list.

4. Green Peas

You wouldn’t think to look at it, but green peas are an excellent source of protein. A cup full of these green beauties gives you nearly 9 g of protein. In addition to this, they are rich in vitamins A, K and C and also contain numerous minerals and a high quantity of fibre. Simply including green peas in your daily vegetarian diet can help give you the additional protein your body requires.

5. Soy Milk

Of late, there is been a fair amount of advertising regarding soy milk as a good source of protein and this is entirely true. There are many individuals who are intolerant to lactose who require an alternative source of protein, and soy milk is a great one, containing nearly 7 g of protein per cup.