



vegetarian protein sources

Food Source	protein per 100g	carbs per 100g
Soy Beans	17g	10g
Kala chana	9g	27g
Black Urad Daal	25g	59g
Chick Peas	9g	27g
Quinoa	4.4g	21g
Kidney Beans	9g	23g
Green peas (mutter)	5g	16g
Peanuts	26g	16g
Almonds	21g	22g
Mung Beans	7g	19g
Chana Daal	7g	23g
Red Lentils (Masoor Daal)	7g	23g
Phool Makhana	18g	63g
Soy chunks (Soy wadi)	52g	33g
Besan (Gram flour)	22g	57g
Chana daal	8g	21g
Tofu	8g	1.2g
Milk (100ml) (Whole milk)	3.5g	5g
Yoghurt (Curd) (Whole milk)	3.5g	5g
Cottage Cheese (Paneer)	18g	1.2g



non - vegetarian protein sources

Food Source	protein per 100g	Fats per 100g
Chicken (Boneless)	29g	3- 4g
Egg Whites (1 egg)	3.5g	1-4g
Whole Egg (1 egg)	6.5	5g
Prawns	20g	0.5g
Mutton	25g	21g
Fish	10-25g	2-5g

CNH is your
First Port of Call
for all Health and
Emergency issues

Connect with us today!
91118 91118 or CNH Care App

For Queries Contact :
Email ID : hello@connectandheal.com



CNH Care



Scan the QR Code to download
CNH Care App



Ambulance | Health Screenings | Tele Medicine

Captive Clinics | Coordinated Care

Thank You

Email us : engagement@connectandheal.com

www.connectandheal.com



Classification - Confidential: Not to be shared without prior approval of connect & heal