

# Plant-Based Protein





## PROTEIN

Protein is an important part of the diet that promotes proper health and maintenance of the body. It is found in every cell within the body and plays an important role in creating strong and healthy muscles, bones, skin and hair.



## PLANT-BASED vs. ANIMAL-BASED

When thinking about protein, animal products often come to mind first. However, there are many plant alternatives that are typically lower in calories and saturated fat while higher in fiber and other essential nutrients. Diets high in plant proteins, including legumes, nuts, seeds and whole grains are linked to lower body weight, LDL cholesterol and blood pressure which can reduce risk of many chronic diseases.

PLANT PROTEIN SOURCES			
LEGUMES	NUTS & SEEDS	WHOLE GRAINS	OTHER
 <ul style="list-style-type: none"> <li>Beans</li> <li>Chickpeas</li> <li>Edamame</li> <li>Lentils</li> <li>Peanuts</li> <li>Soybeans (Tofu, Tempeh)</li> </ul>	 <ul style="list-style-type: none"> <li>Almonds</li> <li>Cashews</li> <li>Chia Seeds</li> <li>Flax Seeds</li> <li>Pistachios</li> <li>Pumpkin Seeds</li> <li>Sunflower Seeds</li> </ul>	 <ul style="list-style-type: none"> <li>Amaranth</li> <li>Brown or Wild Rice</li> <li>Couscous</li> <li>Oatmeal</li> <li>Quinoa</li> <li>Teff</li> <li>Wheat</li> </ul>	 <ul style="list-style-type: none"> <li>Broccoli</li> <li>Brussels Sprouts</li> <li>Nutritional Yeast</li> <li>Peas</li> <li>Sweet Potato</li> <li>Setan</li> <li>Spinach</li> </ul>

## AMOUNT OF PROTEIN

- 1 cup broccoli = 2.5 grams
- ½ cup quinoa = 4 grams
- 1 oz. almonds = 6 grams
- ½ cup black beans = 8 grams
- 4 oz. tofu = 10 grams

## COMPLETE PROTEINS

Protein is made up of several smaller units called amino acids. Out of the 20 total amino acids, 9 are essential, which means they cannot be made by the body and must be obtained through the diet. Animal protein sources contain all 9 essential amino acids in adequate amounts, though soy is the only plant alternative that also meets this complete protein criteria. This means it is necessary to include a variety of plant-based protein sources in the diet to provide all essential amino acids for the body.