

PROTEIN

When you tell people that you follow a plant-based diet, many times they tell you that you gonna get sick, you gonna lack protein, calcium, iron, B12... That's what I used to think. One of my best friends became plant-based and I was thinking so many wrong things about this kind of diet. Until I realized that it actually was lies that I have heard of my life from big corporations who sponsor health companies, or I was listening to charismatic people who actually were ignorant.

Why do we need it?

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Our body uses protein to build and repair tissues. We also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Plant-based proteins have become increasingly popular due to their nutritional benefits; it turns out they are even more effective than we thought. Plant-based proteins are now known to be better absorbed by the body than other kinds of protein, such as animal-derived sources. Plant-based proteins contain unique amino acid profiles that help break down easily and effectively in the digestive system, providing people with maximum nutrition from their meals. As more research is conducted on plant-based protein, it's becoming clear why this food source is so nutritious and beneficial for overall health.

Plant-based protein has even recently become a buzzword among athletes, who understand the importance of their nutrition for optimal performance. They offer an increasing variety of easily available and nutritious options for athletes to fuel their bodies and are necessary to improve strength and endurance. Incorporating plant proteins into meals is also said to reduce inflammation, which can help reduce injuries and pain associated with intense physical activity. They have now become one of the essential elements of performance success.

How much of it do we need?

The protein RDA (Recommended Dietary Allowance) is 0.8 grams/kilogram (about 2.2 pounds) of body weight. So an average male would need 56 g per day, and an average female would need 46g per day.

But it also depends on physical conditions and if a person practices an exercise or not. It is always better to speak to a doctor or a nutritionist for better advice.

Advice: We should try to eat enough protein daily, but we should also pay attention to the protein RDA (Recommended Dietary Allowance). A diet “too” rich in protein, may cause our body to excrete more calcium. Too much protein has been linked to many health problems such as kidney stones, osteoporosis...



The Best sources of protein

- Lentils: 9 grams/ ½ cup
- Tofu: 10 grams/ 1 cup
- Black beans: 8 grams / 1/2 cup
- Quinoa: 8 grams / 1 cup
- Amaranth: 7 grams / 1 cup
- Soymilk: 8 grams / 1 cup
- Green peas: 8 grams / 1 cup
- Artichokes: 4 grams / 1/2 cup
- Hemp Seeds: 13 grams/ 3 tablespoons
- Oatmeal: 6 grams / 1 cup
- Pumpkin seeds: 8 grams / 1/4 cup
- Chia seeds: 5 grams / 2 tablespoons
- Tempeh: 12 grams / 1 cup
- Hemp milk: 5 grams / 1 cup
- Edamame 8.5 grams / 1/2 cup
- Spanish: 5 grams / 1 cup
- Black-eyed peas: 8 grams / 1/2 cup
- Broccoli: 4 grams / 1 cup
- Asparagus: 4 grams / 1 cup
- Green beans: 4 grams / 1/2 cup
- Almonds: 7 grams / 1 cup
- Almond butter: 7 grams / 2 tablespoons
- Tahini: 8 grams /2 tablespoons
- Nutritional yeast: 8 grams of protein / 2 tablespoons
- Hummus: 6-8 grams / ½ cup
- Peanut butter: 8 grams / 2 tablespoons

