




Did you know...

 1g of protein = 4kcal

The human body requires 11 essential amino acids. These amino acids be found from the foods we eat. Some foods contain all 11 amino acids and are therefore considered 'complete proteins', others, such as plant sources do not and are therefore considered 'incomplete proteins'. We can consume multiple plant-based protein sources together to achieve a 'complete protein' source. This is called 'protein complementation'.

Ways to find out more about plant-based proteins: -

- British Dietetic Association (BDA) - Food Fact Sheets
- Supermarket and brand websites
- The Vegan Society
- Magazines

Lean Greens

PLANT-BASED
PROTEINS



Here are some sources of plant-based proteins: -



Soya Milk
3g per 100ml



Quorn Chicken Pieces
14g per 100g



Lentils
8.5g per 100g



Tofu
23.5g per 100g



Baked Beans
5g per 100g



Chickpeas
7.5g per 100g

Here are some sources of animal proteins: -



Whole cow's milk
3.3g per 100ml



Chicken Breast Fillets
31g per 100g



Egg
6g

What are plant-based proteins?

- Proteins are a large macromolecule and are considered a macronutrient which are essential for the growth and repair of cells in our bodies.
- Proteins can be found in animal sources such as meat, milk, eggs and cheese.
- Protein can also be found in plants! Plant-based proteins are protein sources derived entirely from plants. Examples of plant sources include: nuts, seeds, beans, tofu, grains and green leafy vegetables among others!

How much protein do I need?

- An individual's estimated daily protein requirement is approximately **0.75g per kilogram of body weight**.
- An individual aged 65 and over may benefit from 1 - 1.2g of protein per kilogram of body weight to help minimise age-related muscle loss.
- Here's an example of how to calculate protein requirements: -
If an individual weighs 60kg, their protein requirements would be approximately:
60 x 0.75 = 45g of protein.



Benefits of plant-based proteins vs. animal protein

- A plant-based diet is naturally lower in saturated fats, which may reduce your risk of cardiovascular disease.
- Plant-based foods typically contain fibre, which helps to promote a healthy gut and keep you fuller for longer!
- It can help you to achieve your 5 a day!
- Following a plant-based diet is better for the environment, and is a small change you can make to becoming more sustainable.

