WHAT IS PROTEIN? Protein Amino Acid

Proteins are a macronutrient needed for growth and repair in the body.

Proteins are the building blocks of the body they are made up of units called amino acids.

#### WHY ARE PROTEINS IMPORTANT IN THE BODY?

- Can be used as an energy source when other forms are depleted
- They are the building blocks for important cellular structures
- Involved in tissue repair and growth
- They manage metabolism and body processes
- The important hormones (that control arowth and appetite), Enzymes (that break down the food we eat) and Haemoglobin (these carry oxygen in the blood) are all made from protein

# SIGNPOSTING

If you would like to learn more about meat-free alternatives then some useful and trustworthy websites you can use are:

- Vegan society: https://www.vegansociety.com/
- Veganuary website: https://veganuary.com/
- British nutrition foundation: https://www.nutrition.org.uk/
- British dietetic association: https://www.bda.uk.com/
- NHS eat well guidance: https://www.nhs.uk/live-well/eat-well/
- Meat Free Monday https://meatfreemondays.com
- For the recipes included please visit https://www.bbcgoodfood.com





CORA JEVAMS

### ALTERNATIVE Sources of Protein

# HOW MUCH PROTEIN Do I NEED?

The amount of protein that you need in your diet can vary based on your weight and activity levels. The BDA recommendations of protein per kg per day are:

Sedentary adults: 0.8-1.2g Endurance Strength athletes: 1.2-1.8g athletes: 1.2-2g

## **EXAMPLES**

80kg sedentary office worker: 64-96g/day BF: 2 slices of toast with beans and cheese: 26g protein L: Pasta pesto (tbsp) salad with walnuts (30g) and feta (30g): 19g protein Apple slices and spoonful of peanut butter: 5g protein D: Vegetarian enchiladas Total: 68g

60kg sedentary student: 48-70g/day BF: Porridge with pea milk, 1 tbsp chia seeds and a spoonful of peanut butter: 14g protein L: Quinoa and chickpea salad: 21.3g protein D: Quorn mince bolognase:24g protein Total: 60g

70kg weightlifter: (1.2-2g) 84-140g protein/day
BF: 2 eggs and toast for breakfast: 30g protein
L: 2 chickpea pittas for lunch: 30g protein
D: lentil and sweet potato curry = 27g protein
Total: 89g

To increase the protein further additional high protein snacks can also help reach protein targets:

Hummus (2tbsp) and carrot sticks: 4.5g, ½ cup walnuts: 8g, Yogurt with chia seeds and berries: 9g, apple slices and peanut butter (1tbsp): 5g

#### SO WHY PLANT PROTEIN?

Meat consumption is bad for our planet, it's expensive, and too much of it is bad for our health.

The UK government has set targets to reduce dairy and meat consumption by between 20% and 40% over the next 30 years, this is to help the UK to reach net zero carbon emissions. So looking at alternatives is a great way to work together to help meet this target.

Studies have also found that a vegetarian or vegan diet can be beneficial in reducing conditions such as heart disease and type 2 diabetes, but you don't need to go full vege to reap the benefits!

Reducing your meat and dairy consumption by a few times a week can help the environment and improve your health, as well as saving you a few pennies!

However, meat is a great source of protein, so how do we replace that?

In this leaflet we will explain the importance of protein, which plants are the best at providing it, and some resources that show that plant protein sources can be tasty, varied and enjoyable! Check out the *Meat Free Monday* website for

more information.