

# Be Well Aware – Health Article



## Plant Powered Protein

### Protein, An Important Macronutrient

Protein is one of three important macronutrients and if an individual is not consuming enough, it can affect your health and body composition. Protein is used to help build muscles, tendons, organs, skin, enzymes, hormones, and neurotransmitters. The Dietary Reference Intake for protein for the average person is 0.36g of protein per pound of body weight. The exact amount of protein differs between each individual due to multiple factors including activity level, age, muscle mass, and overall health.

### Goals and The Protein Relationship

Protein is especially important for those who are striving for weight loss and wanting to build muscle and strength. For those who want to lose weight, protein helps by boosting your metabolic rate and gives the sensation of feeling full longer. Feeling full longer decreases appetite which then can lead to a decrease in calorie consumption. Those who want to increase muscle and strength must get enough protein due to the muscles in the body being constantly broken down and rebuilt. It is suggested if your goal is gaining muscle to consume 0.7g - 1g of protein per pound of body weight.

### Plant Protein Sources

Those who are vegetarian, vegan, or wanting to consume less meat, may wonder what are the best sources of protein to reach the daily allotted goal. There are some plant-based foods that contain more grams of protein than others but the number of foods that contain protein may surprise you.

#### 1. Seitan

This meat substitute is made from gluten and when cooked has a similar texture of meat. This is the richest plant protein source as it contains 25g of protein per 3.5 ounces.



## 2. Tofu and Tempeh

These protein sources contain all nine essential amino acids and can have 12-20g of protein per 3.5 ounces.

## 3. Edamame

Edamame is an immature soybean that has 12-20g of protein per 3.5 ounces and has all essential amino acids.

## 4. Lentils

Lentils are a good source of fiber and protein that gives 18g of protein per cooked cup.

## 5. Beans

Kidney, black, pinto, and chickpeas contain about 15g of protein per cooked cup.

## 6. Nutritional Yeast

This ingredient has a cheesy flavor that offers a complete plant protein profile. It has 8g in half an ounce.

## 7. Hemp Seeds

This seed comes from the cannabis sativa plant and contains 9g of protein per 3 tablespoons.

## 8. Green Peas

Green peas are filled with good nutrients and have 9g of protein per cooked cup.

## 9. Quinoa

This grain per cooked cup offers 8-9g of protein.

## 10. Breads made from Sprouted Grains

Sprouted grains increase the number of amino acids in the bread as well as the protein content. Two slices of Ezekiel bread has about 8g of protein.

This list also includes spelt and teff, spirulina, amaranth, soy milk, oats, wild rice, chia seeds, nuts, nut butters, broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes, brussel sprouts, sweet corn, guava, cherimoyas, mulberries, blackberries, nectarines, and bananas.



## References:

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