

## HEALTHY HERBIVORES



- > Buffalo
- > Horses
- > Elephants
- > Gorillas
- > Bulls
- > Hippos
- > Moose
- > Rhinos
- > Elk
- > Ox

Still think you need meat for strength and speed? Tell that to a bull or stallion! The growing number of vegan athletes confirm: you really can grow strong on a plant-based diet.

## THE PROTEIN MYTH

It was once thought that various plant foods had to be eaten together in order to get their full protein value (also known as combining proteins). We now know that intentional combining is not necessary to obtain all the essential amino acids, and that it has been refuted by the very organization that introduced the concept.

As long as your diet contains a variety of whole grains, legumes, nuts, seeds and vegetables, your dietary needs are easily met. In fact, there is growing evidence that too much protein can contribute to health problems.

By choosing healthy, plant-based whole foods you can feel better and improve your health. Shrink your waistline, reduce your carbon footprint and avoid animal suffering by choosing plant-based proteins instead.

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#### Meatless Monday

Veg-curious? Not ready to go all the way? Join the global movement and pledge to go meatless one day a week.

[meatlessmonday.ca](http://meatlessmonday.ca)



Charitable # 12995 4707 RR0001

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# How To Get Your PROTEIN

## From A Plant-based Diet



### EARTHSAVE CANADA

Helping people choose foods that benefit our health, the environment, and the lives of animals.



**Earthsave Canada**  
SAVE THE EARTH ONE BITE AT A TIME

[earthsave.ca](http://earthsave.ca)

## PROTEIN IN PLANT-BASED FOODS

(approximate grams) (C = cup)

Soybeans, cooked (1 C)	29
Seitan (4 oz)	24
Tofu, firm (1/2 C)	20
Lentils (1 C)	18
Tempeh (1/2 C)	16
Hemp seeds (4 tbsp)	16
Kidney beans, cooked (1 C)	15
Chick peas, cooked (1 C)	15
Quinoa, cooked (1 C)	11
Peanut butter (2 tbsp)	8
Almonds (1/4 C)	7
Oatmeal, cooked (1 C)	6
Broccoli (1 cup)	5

Body weight in pounds X 0.36 = RDA  
(Recommended Daily Allowance) of protein in grams ex: 140 lbs = 50g of protein



### VITAMIN B12

B12 is essential to form DNA, make healthy blood cells and keep nerves working properly. B12 is not produced by animals or plants, but by bacteria. Modern hygiene has eliminated this source. The RDA for adults is 2.4 micrograms which can be sourced from fortified food or supplements.

References, recipes & more: earthsave.ca and pcrm.org (Physicians Committee for Responsible Medicine)

## HIGH PROTEIN VS PLANT PROTEIN

The average North American consumes about double the protein they require but not enough vegetables or beneficial dietary fibre. Main protein sources tend to be animal products that are high in fat (particularly saturated fat) and low in fibre. The question is: does this animal-heavy diet benefit humans, other animals or the planet?

**Heart Disease:** High protein diets also tend to be high in dietary cholesterol and saturated fat. Evidence indicates that meals high in saturated fat adversely affect arteries, increasing the risk of heart attacks. Heart-smart means more plant-based proteins.

**Cancer:** Cooking foods like meats, especially grilling and frying, produces carcinogenic compounds. Long-term, high intake of meat, particularly red and processed, is associated with significantly increased risk of colorectal cancer.



### QUINOA

This nut-flavoured seed (like hemp, buckwheat, chia and soy) is a complete protein source, high in fibre, magnesium and iron, AND it's gluten-free! These characteristics have resulted in quinoa being considered as a possible crop in NASA's Controlled Ecological Life Support System for spaceflights.

**Weight Loss Sabotage:** Any weight loss on a high-protein diet tends to be short-term and mainly due to consuming fewer calories from carbohydrates. For lasting results, the best strategy involves regular physical activity and a shift to a plant-based, whole foods diet low in fat and high in fibre.

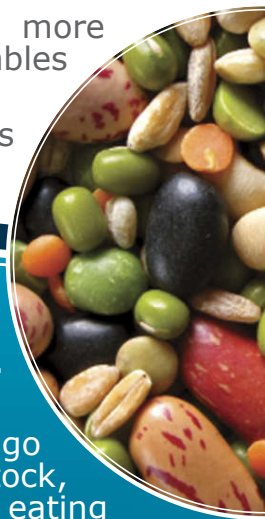
**Impaired Kidney Function:** High-protein diets are associated with increased risk of kidney problems including strain due to the release of nitrogen compounds into the blood.

### Protein Checklist:

Aim for five or more servings of grains (or quinoa) each day.

Aim for three or more servings of vegetables each day.

Aim for 2 to 3 servings of legumes each day.



### ENVIRONMENTAL DESTRUCTION

Soy and corn crops go mostly to feed livestock, not humans. By eating lower on the food chain, we can make a reduce our impact on the environment and slow climate change. It requires an average of 6kg of plant protein to produce 1kg of animal protein, and 100 times more water. The UN reports that animal agriculture is responsible for 14-25% of global warming emissions worldwide, with cattle ranches and feed production accounting for over 70% of deforestation in the Amazon.