

# How to get your **PROTEIN** from a plant-based diet



**Earthsave**  
Canada

PROTEIN IN PLANT-BASED FOODS	
(Cups)	(grams)
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
Chickpeas, 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 C)	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 potential source of B12.

The recommended daily allowance for adults is 2.4 micrograms, which can be sourced from fortified food or supplements.

# HIGH PROTEIN VS PLANT PROTEIN

The average North American consumes about double the protein they require but not enough vegetables or beneficial dietary fibre. Primary protein sources tend to be animal products that are high in 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 risk factors for 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 certain cancers.



## QUINOA

This nut-flavoured seed (like hemp, buckwheat, chia, and soy) is a complete protein source (it contains all 9 essential amino acids). Quinoa is also high in fibre, iron, and magnesium. 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

Much of the weight loss on high-protein diets tends to be short-term and mainly due to the loss of water weight from carbohydrate restriction. 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 an increased risk of kidney problems including strain due to the release of nitrogen compounds into the blood.

## Protein checklist

Daily:

5+ servings of grains (or quinoa)

3+ servings of vegetables

2-3 servings of legumes



## ENVIRONMENTAL DESTRUCTION

Most of the world's soy and corn crops go to feed livestock, not humans. We can make a beneficial impact on the environment and slow global warming simply by eating lower on the food chain.

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 15-25% of global warming emissions worldwide, with cattle ranches and feed production accounting for over 80% of deforestation in the Amazon.

## 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 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 protein 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 food sources of protein, you can feel better, improve your health, lose weight, reduce your carbon footprint, and avoid animal suffering.

## Earthsave Canada

A registered charity since 1992, our mission is to change the world by promoting the widespread adoption of plant-based diets. We use evidence-based education to increase awareness of the ways in which choosing a plant-based diet will lead to a healthier, kinder, and more sustainable world.

For additional information visit  
[earthsave.ca](http://earthsave.ca)



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