

VEGETARIAN PROTEIN

WHY IS PROTEIN IMPORTANT?

Protein is essential for growth of muscles, tendons, organs, and skin. Protein also supports the production of hormones, immune cells, and neurotransmitters. Protein can be used to aid weight loss due to its ability to boost the metabolic rate. The satiety factor of protein also reduces appetite by keeping you feeling full.

HOW MUCH PROTEIN DO I NEED?

Protein needs increase in times of growth, and are varied in life stages. Athletes, people undertaking exercise programs, or those who have physical jobs may have increased needs. Based on average males require 56-91 grams per day and females require 46-75 grams per day.

TOP SOURCES OF VEGETARIAN PROTEIN

1 cup of firm tofu	43.5g	30g hemp seeds	9g
1 cup tempeh	33.7g	2tbs peanut butter	7g
1 cup edamame	31.3g	23 almonds	6g
1 cup cooked lentils	17.9g	30g sunflower seeds	5.8g
1 cup cooked chickpeas	14.5g	30g raw cashews	5.2g
1 cup canned navy beans	19.7g	30g flax seeds	5.2g
1 cup canned kidney beans	13.4g	30g tahini	5.1g
1 cup canned baked beans	12.1g	30g chia seeds	4.7g
1 cup cooked quinoa	8.1g	30g walnuts	4.3g
1 cup cooked millet	6.1g	250ml plain yogurt	8.5g
1 cup cooked couscous	6.1g	475ml skim milk	16.5
1 cup buckwheat groats	5.7g	475ml whole milk	15.4g
1 cup cooked long-grain brown rice	5.5g	475ml soymilk	13.9g
1 cup cooked brown rice	4.5g	½ cup ricotta cheese	14g
1 egg	6.3g	30g grated parmesan	8.1g

REFERENCES

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