

# PLANT PROTEIN VS. ANIMAL PROTEIN

## How much protein do you need per day?

19-51+ years old\*



\*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>  
J Acad Nutr Diet. 2013 Dec; 113(12): 1610–1619.

Plant foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

### PLANT PROTEIN

per serving

#### ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g  
Red Lentils  
boiled, 1 cup



17g  
Edamame  
boiled, 1 cup



15g  
Black Beans  
cooked, 1 cup



6g  
Almonds  
1 oz



5g  
Peas  
cooked, 1 cup



5g  
Baked Potato  
1 medium



5g  
Spinach  
boiled, 1 cup



### ANIMAL PROTEIN

per serving

#### DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g  
Egg  
cooked, 1



20g  
Salmon  
cooked, 3 oz



25g  
Steak  
cooked, 3 oz



25g  
Chicken  
cooked, 3 oz



Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database