



PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?



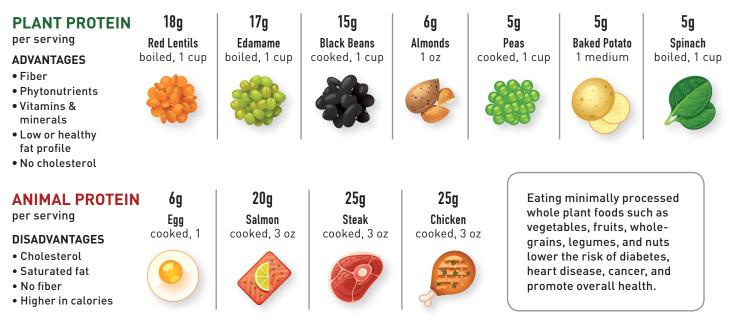
*The general recommendation for protein intake is

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.

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



Source: USDA Nutrient Analysis Database

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