

PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old*



56 g



46 g

*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.

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