

# PROTEIN FOR VEGANS

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Veganism, not eating any animal foods, is a healthy, eco-friendly diet approach if you eat sufficient quantities of a variety of wholesome, limited-processed foods and pay attention to nutrients like Vitamins B12 and D that are relatively deficient in natural plant foods. Visit “health” food stores for vegan foods, supplements and recipes. Tell your doctor you’re a Vegan as well.

## Q1. How much protein do I need?

A1. Generally 0.8 gram (g) of protein per kg of body weight, around 45g to 60g a day is sufficient, which is 10-12% of your caloric intake.

## Q2. Do I need to balance the amino acid content of foods I consume at every meal (Need to eat beans and grains at the same time)?

A2. No, but you should plan on eating a variety of quality grains, beans and produce each day. Grains and vegetables contain amino acids, the building blocks of protein. Moderate your consumption of high sugar fruits/juices, sugar, oils, alcohol and refined grains - which have little or no protein: excess of any of these can cause problems.

## Q3. Which vegan foods are good sources of protein?

A3. See the table below for protein-rich suggestions. Foods with an asterisk (\*) are higher in calories. Green algae supplements like Spirulina, although expensive, are rich in protein and other nutrients. Spirulina and most vegan “milk” substitutes, which are fortified in calcium and Vitamin D, are also good for picky eaters.

Secure a free copy of *Vegan diets in a nutshell*” @  
<http://www.vrg.org/nutshell/vegan.htm>



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Best example by category	Grams (g) of Protein	Notes
Tempeh (Soy)	41g per cup	Chewable fermentable soy source.
Seitan (Grains)	31g per	Aim for more “Ancient grains”
Beans/Legumes, cooked *	10-18 g per cup	Eat a variety for fiber & minerals.
Almonds (Nuts/Seeds) *	8g per ¼ cup	Also try Quinoa which is like rice.
Spinach, cooked (Vegetables)	5g cooked	Greens are loaded with nutrients.
Peanut Butter (Spreads)*	8g per 2 Tablespoons	Always useful for PB&J sandwiches.

