Count You Daily Plant Proteins

We all know what protein does for the body. When we workout and break down our muscles, dietary proteins and amino acids help to repair our muscles bigger and stronger. Protein also plays a role in the formation of hair, nails, skin, and other tissues, and the repair of injuries. It helps protect us from infections, and transports fats, vitamins, and minerals throughout the body,

We have two types of protein to consider. There is animal protein and plant proteins. Animal protein also contain saturated fats, cholesterol, hormones, and inflammatory markers. These are things like steak, pork, turkey, chicken, fish, eggs, and dairy products. Plant proteins also contain fiber, antioxidants, vitamins, and minerals. These are foods like beans, whole grains, soy, lentils, nuts, and seeds.

Can you guess which our healthier option is? For good long-term health and healthy weight, plant protein need to be the majority of our protein sources. You can certainly continue to consume small portions of animal products if you choose to. Aim for smaller and less frequent servings of animal proteins.

**Here is your fun activity**: count how much protein you get in one day. You can even try this a few times a week or once a week to check in and make sure you are eating enough.

1. Any packaged foods will state on the Nutrition Facts panel how much protein there is in each serving. Be sure to multiply that amount of protein by servings you eat.
2. You will have to look up any whole foods that do not come with a label. This is a simple google search and you can estimate how many servings you ate.
3. Add it all up. Are you getting more or less than 50 grams of protein today? If you are not quite getting enough, try adding a few of this great foods into your diet:

Firm Tofu 44 g protein / cup

Tempeh 33 g protein / cup

Lentils 18 g protein / cup

White beans 17.5 g protein / cup

Split peas 16.5 g protein / cup

Kidney beans 15 g protein / cup

Black beans 15 g protein / cup

Navy beans 15 g protein / cup

Chickpeas 14.5 g protein / cup

Oats 10 g protein / cup

Whole wheat pasta 9 g protein / cup

Quinoa 8 g protein / cup

Green peas 8 g protein / cup

Pumpkin seeds 8 g protein / ounce

Peanuts 7 g protein / ounce

Almonds 6 g protein / ounce

Pistachios 6 g protein / ounce

Brown rice 5.5 g protein / cup

Sunflower seeds 5.5 g protein / ounce

Flax seeds 5 g protein / ounce

Cashews 4.5 g protein / ounce

Nutritional Yeast 3 g / tablespoon