



Plant-Based Proteins

Plant-based eating is on the rise, and studies show that the diet helps to protect both men and women [against diabetes, heart disease, and cancer](#). Plant-based lifestyle refers to a diet in which individuals eliminate the consumption of animal and animal-related products. However, one of the most popular concerns on the web related to plant-based diets is the sources of protein in this lifestyle.

Yes, animal products like meat have protein, but there also contain saturated fats, cholesterol, toxins, antibiotics and hormones, making plant-based proteins the number one choice.

Here's a list of plant-based sources of protein that will provide you with the necessary nutrition, while keeping you full and energized:

1. Soy

Soy comprises of all the essential amino acids and is a complete protein. Other plant-based proteins contain different amino acids and have to be combined with other food sources to make them a complete protein. Just make sure you are getting organic, non-GMO soy.

2. Edamame

Edamame is fresh soybeans. They contain 18 grams of protein in every cup. You can buy it in frozen form in their pods or pre-shelled. It can be prepared as an easy snack. All you need to do is steam or boil the pods in water, sprinkle some salt and your dish is ready. You can also add shelled beans to stir-fries and soups. They can also be used as a dip.

3. Tempeh

When you buy tempeh, you might see a white layer on the outside. Don't worry, this is safe to eat. Tempeh is made using partially cooked whole soybeans that are fermented to form a dense loaf. It has a chewy texture and provides about 15 grams of protein in

every 85-gram serving along with healthy gut probiotics. There are several recipes on how you can add it to your sandwich, salad, burger or just pan-fry or roast to eat. It's easily available in regular grocery stores.

4. Tofu

Tofu contains 13 grams of protein in every 85-gram serving. This could differ for different brands and varieties. You can buy tofu in many textures like silken, soft, medium, firm or extra firm. You can add it as an ingredient to your desserts, to a soup, salad, or pan-fry/scramble to use in a curry.

5. Soy Milk

Most non-dairy beverages don't contain protein. However, soy milk has 8 grams of protein in every cup. Soy milk can be used in smoothies or cereals. It's available in flavored varieties as well but these contain a lot of sugar and should be avoided.

6. Whole Grains

Plant-based diets include several varieties of whole grains. Each of these contain different quantities of protein. For every ½ cup, quinoa contains 4 grams, buckwheat 3 grams, oats 3.5 grams, farro 4 grams, and brown rice 3 grams. You can eat whole grains in different forms as per your taste and preference.

7. Nuts and Nut Butters

2 tbsp of nut butters contain 5 to 8 grams of protein while a quarter cup of cashews, hazelnuts, peanuts, walnuts, almonds provide around 6 grams of protein.

Reference:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health>