

PROTEIN-RICH PLANT-BASED FOODS

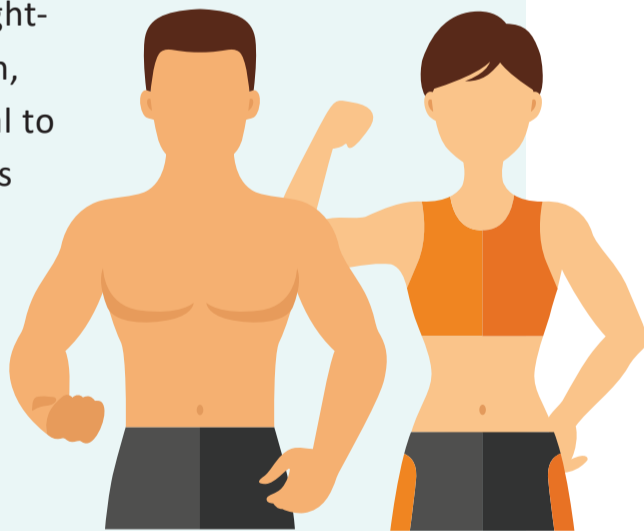
My Green Pledge: Eat More Vegetables

Green Tips - Oct 2020



The Importance of Protein

No matter you are eyeing for weight-control or maintaining your health, remember that protein is essential to us all as it is involved in our body's vital biochemical functions and is used to build and repair body tissues. It also provides more long-lasting satiety than carbohydrates and fats do. If you are aiming at a plant-based diet, whether or not you are beginners, do pay attention to ensure sufficient consumption of protein and try to get from different high-protein plant-based foods.



Optimal Daily Protein Intake for Adults

0.8-1g protein per
body weight (kg)

i.e. The estimated daily protein requirement for a 50-kg healthy adult will be 40-50g.

Note: One's protein requirement should be adjusted based on different conditions, such as physical activity level, underweight/overweight and medical conditions.

Plant-based Protein

Amino acids make up proteins, and we should not miss out on the 9 essential amino acids that come from foods. However, the majority of the plant foods lack one or more of them, thus making them 'incomplete protein foods'. To secure what you need daily in a plant-based diet, reach out and consume different types of plant foods (e.g., legumes, nuts, seeds, grains, and vegetables) throughout the day. A variety of high protein plant-based foods is listed below.

Legumes, nuts & seeds

- Lentils 扁豆/ black beans 黑豆/ red kidney beans 紅腰豆/ chickpeas 鷹咀豆
- Soy milk 豆漿
- Nut butter 果仁醬

Grains

- Amaranth 莧菜籽
- Quinoa 藜麥
- Oats 麥皮

Vegetables

- Green peas 青豆
- Soybean sprouts 大豆芽菜
- Spinach 菠菜

Plant-based meats are also an option to get plant protein!

Read More

- Plant-Based Diet Guide Part I – Protein 『素 Guide』 第一部 – 蛋白質 | Green Common
- Worried about Iron Intake While Going Plant-based? Here's Everything You Need to Know 【素食101】不吃肉如何攝取鐵質？素食者補鐵全攻略 | Green Common
- Food Nutrient Finder 食物營養搜尋器 | Centre for Food Safety
- Is a Plant-Based Diet Really Better for the Environment and Your Health? | Mercy for Animals