Meta Title (60 characters):

Benefits of plant based protein you won't believe | Awesome Coffee

Meta Description (Between 50–160 characters):

Find out why more and more consumers are switching to plant-based protein. Discover the benefits and delicious plant foods that give you the protein you need!

Page URL:

https://awesomecoffee.com/pages/plant-based-protein-benefits

Keywords:

plant based protein benefits	vegan protein benefits	benefits of plant protein
what plants contain protein	benefits of plant based protein powder	tofu protein vs meat
protein in nuts vs meat	plant proteins typically contain less than adequate amounts of	less meat less heat
less meat recipes	benefits of plant based protein	what is plant protein

FAQ:

1) Why is plant-based protein better?
2) Is plant-based protein better than regular protein?
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H1: Benefits of plant based protein you won't believe

If you're anything like me, you're wondering how the heck can I give up meat? The taste, the social bonding over grilling a steak, or chicken, or bbq in general. How will it ever fill me up? Can I really get all the nutrients from plant-based protein that I can from meat? Is plant protein really "better"? Well, get ready for all the answers.

It may sound crazy, but plant-based protein is the future. With a world population expected to reach 9 billion by 2050, there's no way we can sustain current levels of meat consumption. The good news is that it's not all doom and gloom. In fact, plant-based protein sources are much more sustainable in terms of land use and greenhouse gas emissions than animal proteins! And while they're not as high in some nutrients like iron or vitamin B12, you can easily get these from other foods in your diet.

People tend to not think of plant based sources of protein but as you'll soon see, they are in fact complete sources of protein and can easily be found in whole foods without much effort. And it's not just vegans who are eating this stuff! The truth is, many people want to eat fewer animal products in their diet due to health concerns or simply because they don't believe in consuming animals for food. Regardless of why someone switches out their protein source to plant-based, there are lots of benefits including better digestion and regulating blood sugar levels. Plant-based proteins have also been shown to be healthier for you because they contain less saturated fat and cholesterol compared to animal products. So, let's dive right in.

H2: What even is protein?

Protein is one of three macronutrients (amongst fats and carbohydrates) and is a crucial building block for our organs. It also plays a pivotal role in many bodily functions. Protein aids in repairing bodily tissues, stimulating growth, and regulating tissues and organs. Since our bodies cannot store protein well, we need to consume it regularly. If we do not consume enough protein, our muscle tissues will break down to provide other cells with necessary protein. As we know, protein is made of chains of molecules called amino acids. When protein is digested, only amino acid molecules are left and the body uses these to make protein.

H2: What is plant-based protein?

Plant-based protein is protein received from plants. It is most commonly found in most vegetables, grains, and nuts. Plant-based proteins are the most prevalent organic compound on Earth, second to water. Plant-based proteins can come from various sources.

Generally speaking, legumes (chickpeas, black beans, lentils, soy and soy derivatives, among other things), nuts, and seeds are regarded as higher protein plant foods. Whole grains are also a good source

of protein, according to the USDA. Fruits and vegetables normally have the least quantity of protein, but there are some veggies (like green peas, Brussels sprouts, and zucchini) that contain a larger amount of protein.

H2:What are the benefits of plant-based protein?

The benefits of eating plant-based protein are abundant and it's easier than ever to incorporate such benefits into your diet. A few benefits of plant-based proteins are listed below. For a comprehensive list, especially of plant-based protein powder, check out this 11 Benefits of using Plant based Protein Powder.

Plant-based diets have been shown to be the most beneficial for weight loss, reversing chronic diseases, and improving overall health as we dive into below. Since plants are low in saturated fat and cholesterol, they increase good cholesterol (HDL) while lowering the amount of bad cholesterol (LDL). This has many benefits including a lower risk of heart disease. A study involving 41 different countries around the world found that increasing intakes of carbohydrates from fruits, vegetables, whole grains/cereals was associated with significant reductions in mortality rates. The benefits attributed to this dietary practice were pronounced in developing nations where cardiovascular disease is much more prevalent than in developed countries.

So, let's get right into them. A plant-based diet can:

H3: Help you live longer

Plant-based proteins are rich in antioxidants which prevent damage to cells. A new study from 2016 found that those receiving their energy from legumes and other seeds had significantly lower mortality rates. The protein contained in plants and seeds contributes to long health and good immune systems. It also makes you look younger.

H3: Decrease the risk of disease

Eating a diet rich in antioxidants can help with cancer prevention, and reduce inflammation throughout the body, especially in joints which benefits people who suffer from arthritis or any other form of chronic pain. The Journal of the American Heart Association states that the consumption of plant protein reduces the risk for cardiovascular diseases. The fiber that cleanses the body and keeps the digestive tract healthy can reduce your risk of diabetes and heart diseases.

According to this study, eating plant-based protein cuts the risk of cardiovascular infections including pulmonary arrhythmias and coronary artery diseases. People who consumed only 3 to 8 percent less food with plant proteins had an average mortality rate of 20 to 40 percent. Meatless Mondays have made bigger strides than you thought.

Ongoing research suggests that high cholesterol is associated with red meat and animal protein levels. Eating high-fiber food will reduce cholesterol levels as well to help reduce the risk of heart disease. Your body needs a bit more cholesterol. This helps it form a number of different cells in the body, as do vitamin E and other substances in the body. This buildup can combine with other substances, leading to the

accumulation of thick hard deposits on the internal walls of arteries. This can increase the risk of heart disease including the risk of blood clots. If you're struggling with high cholesterol or a major problem for your body, going plant based may be a very smart choice.

H3:Keep your gut healthy

Plant-based proteins are much easier to digest than animal-based proteins which makes for a much more comfortable digestive system! They have higher amounts of fiber than many meat proteins, and this is great news when you consider that 74% of the population suffers from digestion problems at some point in their life.

Those who eat a plant-based diet have a unique gut profile that provides less disease-causing organisms and more protective species which help keep your inflammation levels low. Bad gut health can have many health consequences — such as fatigue anxiety & depression, skin conditions, and autoimmune diseases. By getting more vegetables into a diet Berghoff explains how this will promote good gut microbiome balance. How good is it to maintain a good microbalance if you get the right diet to boost your overall well-being and reduce pain? Poor digestive health might also worsen your symptoms.

H3:Help increase weight loss

Plant protein may help you reach your goals more effectively than any other protein alternative. This type of protein is usually lower in calories than other options. Thereby, lower calories consumed that fat reduction promoted. To lose weight you must eat fewer calories every day instead of just burning them. This deficit is where the excess weight is burned into the highest possible intake. It can be quite difficult to consume just a portion of the normal calories because it is required to fuel your body with good quality food.

Furthermore, eating plant-based protein has also been linked to weight loss and healthy weight maintenance because it leaves people feeling satiated longer. A meal with 20g of fiber will leave your stomach feeling full for three to five hours whereas a meal without fiber will leave you feeling hungry again in about an hour to two hours.

H3:Improve your athletic performance

Tom Brady has been a big proponent of plant-based protein. His diet is 80% plant-based. Many other athletes are turning to plant-based protein and a vegetarian diet. This becomes many have seen improvement in athletic performance. These athletes have also experienced a higher level of energy, increased recovery, and increased power.

H3:Benefit the planet

Eating plant-based protein has benefits for the planet as well! It's estimated that if everyone in America stopped eating beef, it would be the equivalent of taking 50 million cars off the road each year. By

choosing more plant-based proteins, you are doing something wonderful not only for your body but also for your environment.

H2:Plant protein vs animal protein

Since the discovery of protein in 1839, protein has been long coveted, especially animal protein, which was tied to physical prowess. The 'protein myth' was thought to be, the more protein one consumed, the bigger, stronger, and faster they were, like animals. The fact of the matter is, protein is not exclusive to animal foods. Although animal based proteins are known to promote faster growth, if we look into this deeper, we'll see that that's not necessarily advantageous.

To put it simply, animal protein is considered to be of a higher quality. All that means is that the amino acid ratios in animals resemble those of humans much more closely than amino acid ratios of plants. This makes sense, to say that we're more like animals than we are like plants. Because of this, humans utilize animal based proteins more efficiently than plant-based proteins. Hence, animal proteins are considered "higher quality" or having a higher "biological value". This causes animal proteins to promote more efficient protein synthesis. While this can increase body growth, animal protein can also promote undesirable growth, like that of cancer cells, atherogenic tissue, improving conditions for heart disease, speeding up aging, leading to earlier menarche (which can also increase breast cancer risk), etc. The main takeaway here is to know that a higher value protein such as animal protein also comes with unwanted risks.

H2:Plant proteins are complete proteins!

When we look at plant protein, we'll see that there is in fact not a problem with them not being as efficiently utilized, as they're still complete proteins. Complete meaning they contain the essential amino acids our bodies need! Take a look at this chart by the World Health Organization below:

Amino Acid (grams/day)	Trp	Phe	Leu	Ile	Lys	Val	Met	Thr	Total Protein
WHO Recommends	**.3**	**1.5**	**1.95**	**1.5**	**2.25**	**1.95**	**.8**	**.3**	**50**
Corn	.48	4.47	8.76	3.0	3.0	5.0	1.5	3.3	**78**
Brown Rice	.52	2.3	4.0	2.2	1.8	3.3	.80	1.8	**47**
Potatoes	.8	3.6	4.1	3.6	4.4	4.4	1.0	3.4	**82**
Broccoli	2.3	8.9	12.1	9.4	10.8	12.7	3.7	9.2	**248**
Tomato	1.0	3.2	4.5	3.2	4.6	3.1	.81	3.6	**110**

Key

Trp: Tryptophan, **Phe**: Phenylalanine, **Leu**: Leucine, **Ile**: Isoleucine, **Lys**: Lysine, **Val**: Valine, **Met**: Methionine, **Thr**: Threonine

The first important lesson from this chart is that all whole plants contain protein. Animal foods contain even more protein in smaller packages, which we now know is not always advantageous. Essential amino

acids can be found in foods not commonly thought to be high in protein (brown rice, potatoes, oats, etc). The key is that a varied, whole food, plant-based diet (where refined and junk foods are avoided) will provide all of the essential amino acids we need. To consume complete plant proteins, you just need to have focus on a diversity of plant foods! Different plant foods have different amino acids. As long as you're not just having one protein source like tofu or chickpeas but consuming a good mix, you can ensure you're getting all your essential amino acids.

To validate this further, In 2009, the American Dietetic Association, in a paper on vegetarianism, published that year, said: "Plant sources of protein alone can provide adequate amounts of essential amino acids if a variety of plant foods are consumed and energy needs are met."

So, as long as we have a diverse whole foods diet and we're getting enough calories, it's more likely than not to be getting enough protein on a plant based diet. So, next time you reach for a meat or dairy for a protein source, remember that plant-based proteins are complete proteins as well, and are better for you!

H2:How much protein do you need?

The RDA, or recommended dietary allowance, was deemed by the Food and Nutrition Board of the Institute of Medicine in 1943 and has been reviewed every 5 years since then. It basically says that a diet containing 8-10% protein as a percentage of total dietary calories means that in theory almost everyone (at least 98% of people) will be meeting their protein needs. Another way to look at this requirement is thinking about it as 0.8 grams of protein per kilogram of body weight. The best part is that this amount is readily provided by a whole foods plant based dietary requirement and it's easier than you think.

Take a look at an example of day's worth of meals here:

Breakfast: Oatmeal, 1 serving of fruit

Snack: An apple, carrots, crackers, hummus

Lunch: Whole wheat noodles with kale, tomato sauce, beans of choice

Dinner: A big salad (4 cups) of carrots, tomatoes, avocado and a stuffed bell pepper (brown rice or quinoa) with broccoli

Dessert: Baked apple

[Calories: 2000 calories, 11% of which came from protein]

This is an example of easy meals throughout the day that take little thought. As you can see, none of the foods are necessarily considered 'high protein', but with the diversity of whole fruits, vegetables, grains,

and beans, we're able to reach our protein requirements. Getting enough plant protein doesn't have to be hard!

H2: Examples of protein-rich foods:

As you start your journey towards consuming plant-based protein, there's an easy way to think about how to add more plant protein into your diet. The ingredients below along with some easy ways to create recipes will give you an idea of how to consume more plant-based protein.

H3: Chia seeds

One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates, and 11 grams of fiber. These are full of Omega-3 fatty acids, antioxidants and fiber. Chia seeds can be added to smoothies and puddings because they increase protein content; they're also good friends of savory food. You can mix up your seeds as well as adding pesto or dressing in a smoothie.

H3:Chickpeas/beans

One cup gives you 14g of protein and 12 grams of fiber. In the whole form, chickpeas become simple additions to savory salads. Try them at wrap-ups falafels hummus or chickpeas-cakes. There is no shortage of options for mashes and hummus. Other beans (black, pinto, kidney, cannellini, lima, etc) are not only protein rich but full of fiber and other micronutrients as well so they're sure to keep you full!

H3:Whole grains or ezekiel bread

One slice contains 5 grams of protein. No other bread can give you that. Because of the base of lentils, soy and sprout, and whole grains - Ezekiel bread has a robust nutrition profile that is much higher in protein than other bread products. With many ingredients, this loaf offers a rich and hearty texture.

H3:Spirulina

One tablespoon of spirulina can contain 20 calories, 2 grams of carbs, and 4 grams of protein. The protein is in fact a sort of algae, therefore it doesn't surprise most people when it is described as flavoring like saltwater. To put it into meals or blending it into smoothies or simply mixing it into water and juice. You can take spirulina tablets in smoothies or even in cooking. The most common approach to use it is mixing or combining it in smoothies and adding it to juices or using water in food.

H3: Eggless eggs

Regular eggs contain 6 grams of protein, whereas fake eggs contain 5 grams. Eggless egg is very close to replicating taste and texture as the real thing but contains more sodium than the real ones. Utilize as you would regular eggs.

H3:Nuts

Almonds, cashews, pistachios, and walnuts contain a high level of monounsaturated fat that promotes optimal immune health. They each contain between 20 to 30 grams of protein per cup! Nuts can be used as snacks, on top of desserts, or as different nut butters.

H3: Mycoprotein

Mycoprotein is another meat replacement that goes by the brand name "Quorn", that's made by a naturally occurring fungus. It is available in various formats and tries to mimic chicken. One serving gives you 15 grams of protein. Though Quorn is made of plants, it must not be baked before the meal. Lastly, note that the primary ingredient needed to make Mycoprotein can act as an allergen for some people, so be careful before trying this plant protein.

H3:Pea Protein

Another commonly used plant protein, in just one scoop of pea protein, you get 24 grams of protein, 90 calories, and 36 percent of your daily dose of iron. Pea protein is commonly used in store-bought products including pea milk as well as a meat alternative. As a stand-alone food, you will most probably see it offered in powder form but it's not chalky or gritty and blends well in recipes. For vegans, a combination of pea protein and rice protein is known to help build muscle mass, as it combines the right essential amino acids to form a complete protein. Why combining pea and rice protein can build muscle mass.

H3:Lentils/legumes

One cup of lentils is made up of up to 14g of fiber plus 18g of protein. Lentils are available in several colors including Green, Brown Yellow, Red, and Black. You can expect their flavor at a different temperature as well as a slightly creamy texture during cooking. Their relatively neutral flavor and velvety smoothness lend themselves well to soups, curries, and salads. You can also substitute them with a fraction of ground meat in dishes like Tacos, casseroles, and burgers.

H3:Quinoa

Quinoa is one of the world's most popular health foods. It is an excellent plant protein, as it has a great balance of fiber, calcium, potassium, complex carbohydrates, and contains sufficient amounts of all 9 essential amino acids. Oh, and did we mention the 8 grams of protein per cup? It has a texture similar to couscous and is gluten-free. It is most commonly paired up in bowls as a substitute for where you would add rice.

H3:Whole soy Foods: Tempeh, Tofu, and Edamame.

Soybeans are also classified as a legume; it's important to stick to whole soy foods versus fragments of soy like soy protein isolate. Soy food is the highest protein vegan option! One 3-ounce serving of tempeh provides up to 15 grams of protein, where tofu provides 8 grams, and edamame supplies seven grams per half-cup. Crispy firm tempeh and tofu create a tasty base for stir-fries, tacos, and even sandwiches. Edamame has a creamy almost buttery flavor right out of the shell. Use silken tofu when adding protein to a smoothie or as a substitution for ricotta cheese. Enjoy trying soy crumbles as a partial substitute for all dishes in which ground meat is needed.

H3: Beyond Meat and Impossible Foods

Beyond meat has different products such as Beyond Burger and Beyond Sausage. They are both meat alternatives made from plants. The goal of the company is to make plant based foods indistinguishable in taste, texture, and even smell from animal-based foods like beef or chicken. Beyond meat is made using ingredients such as pea protein, soy, and sunflower oil.

Impossible Foods is a similar product that makes their own version called the "Impossible Burger" which is made using wheat protein, potato protein, and coconut oil; ingredients they say closely resemble real beef. This vegan burger cooks up just like any ground beef patty on the stovetop or on an outdoor grill. And it doesn't taste half bad. So if you're bonding over a BBQ, one of these two burgers may be your answer.

H2: Conclusion

As you can see, there are numerous benefits to consuming plant-based protein. You can get plant-based protein from several sources such as soy products (such as tofu), legumes (including lentils and peas), nuts, seeds, vegetables, grains, and even some fruits. Furthermore, it benefits the environment as well as your health. The benefits of plant-based protein include muscle building, weight loss, cholesterol reduction, and better heart health. Plant proteins are also rich in fiber which helps lower cholesterol, control blood sugar levels, and aid in weight loss. As you can see, even if you are not vegan or vegetarian, consuming more plant-based protein benefits everyone!

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