

PROTEIN COMBINING

When you're a vegetarian, it's really important to make sure you get enough protein in your diet. 'Complete' proteins are those that contain all the essential amino acids that are required for optimal health and wellbeing. For vegetarians this can mean combining vegetarian sources of protein to ensure they contain all the necessary amino acid building blocks.



Complete Proteins

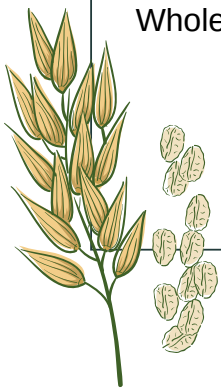
Hemp seeds, quinoa, amaranth, buckwheat and micro algae such as chlorella & spirulina.

Protein Combining to create a 'Complete' protein

Combine your proteins from any 2 of these 3 groups, examples are listed

WHOLEGRAINS

Brown Rice
Barley
Corn
Millet
Oats
Wholegrain Pasta
Wholegrain Bread



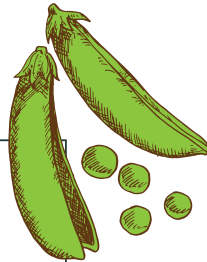
NUTS & SEEDS

Sunflower
Sesame
Hemp Seeds
Pumpkin Seeds
Seed Sprouts
Almonds
Walnuts
Cashew nuts
Pecans
Nut butters



LEGUMES

Chickpeas
Lentils
Peas
Black Eye Beans
Kidney Beans
Bean Sprouts
Green Beans



Remember

Although combining your plant proteins within a 48-hour period is sufficient for the body to put them together, if you combine within a meal, it is easier to remember and ensure protein quality, and you can increase protein usability by 30%.

Current protein recommendations per kilogram are 0.84 g per day for men (19-70 years) and 0.75 g per day for women (19-70 years) for healthy normal weight individuals