

## Vegetarian Proteins: How to make them complete

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.

## Sources of 'Complete' plant based proteins Vegetarian sources of animal proteins Free range eggs Soya beans & products e.g. soya milk, tofu, tempeh Dairy products Hemp Although these are good protein sources, dairy products can also be high in saturated fats and Quinoa Amaranth as animal proteins they are acid forming in the Buckwheat body. For optimal health, avoid relying on Micro algae such as chlorella & spirulina these and include complete & combined plant proteins in your diet.

## Protein Combining to create a 'Complete' protein Combine your proteins from any 2 of these 3 groups, examples are listed

Whole Grains	Nuts & Seeds	Legumes
Brown rice Barley Corn Millet Oats Wholegrain pasta Wholegrain bread	Sunflower, sesame, hemp & pumpkin seeds Seed spouts Almonds Walnuts Cashew nuts Nut butters	Chickpeas Lentils Peas Black eye beans Kidney beans Bean sprouts

Wholegrain pasta Wholegrain bread	Cashew nuts Nut butters	Ridney beans Bean sprouts
Examples of complete pr	rotein combination examples	Remember!
✓ Chickpea humo	egrain toast vith vegetable & bean curry ous on rye cracker med veg with rice noodles & cashew	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 it easier to remember and ensure protein quality, and you can increase protein usability by 30%. Many traditional food combinations, which have been staples in cultures with vegetarian diets, such as rice and lentils and bean & tortillas naturally combine all the essential amino acids
Each of the following ser protein:	rvings provides at least 4 to 6 g of	How much protein should I consume in a day?
✓ ½ cup tofu or to ✓ 2 tbsp nut butt ✓ ¼ cup nuts	·	Aim for at least your own body weight in grams every day.  Eg: if a woman weighs 65kg, she should consume at least 65g of protein every day.



## \* How much protein is in vegetarian foods?

Protein in Raw Nuts and Seeds (shelled - 1/4 cup)	Protein Grams
Almond	7
Brazil nut	5
Cashew	4
Chestnut	1
Coconut (shredded)	2
Filbert/Hazelnut	5
Flax seed	5
Macadamia	2
Peanut	8
Pecan	2
Pine nut	4
Pistachio	6
Pumpkin seed	7
Sesame seed	7
Soynut	10
Sunflower seed	8
Walnut	5

Protein in Grains (1 cup)	Protein Grams
Amaranth	7
Barley, pearled	4 to 5
Barley, flakes	4
Cornmeal (polenta, coarse)	3
Millet, hulled	8.4
Oat Groats	6
Oat, bran	7
Quinoa	5
Rice, brown	3 to 5
Rice, white	4
Rice, wild	7
Rye, flakes	6
Couscous, whole wheat	6

Protein in Beans (1 cup)	Protein Grams
Adzuki (Aduki)	17
Anasazi	15
Black Beans	15
Black-eyed Peas	14
Cannellini (White Beans)	17
Cranberry Bean	17
Fava Beans	13
Garbanzos (Chick Peas)	15
Great Northern Beans	15
Green Peas, whole	9
Kidney Beans	15
Lentils	18
Lima Beans	15
Mung Beans	14
Navy Beans	16
Pink Beans	15
Pinto Beans	14
Soybeans	29
Split Peas	16

Protein in	Soy Pro	oducts	
Product		Serving Size	Protein Grams
Tofu Medium to Extra Firm		85g	7 to 12
Tofu Soft or Silken		85g	4 to 6
Tempeh		115g	12 to 20
Protein in	Nut Bu	tters	
Nut/Seed (2 Tablespoons)	Protein Grams		
Almond	5 to 8		
Cashew	4 to 5		
Peanut	7 to 9		
Sesame Tahini 6			



Soy Nut	6 to 7

Barr SI , Chapman GE . Perceptions and practices of self-defined current vegetarian, former-vegetarian and nonvegetarian women . Journal of the American Dietetic Association . 2002;102:354–360