AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ year old*

56g

46g

The general recommendation for protein intake is 0.8/kg or 0.66.pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

Sources: J Acad Nutr Diet. 2013 Dec; 113(12): 1610–1619.

Plant foods such as beans, lentils, nuts, whole grains, and veggies can provide ample protein, as well as fiber and other essential vitamins, minerals, and phytonutrients not found in animal products such as meat, poultry, eggs, and dairy.

PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18 g	17 g	15 g	6 g	5 g	5 g	5 g
Red Lentils *boiled, 1 cup*	**Edamame** *boiled, 1 cup*	**Black Beans** *cooked, 1 cup*	**Almonds** *1 oz*	**Peas** *cooked, 1 cup*	**Baked Potato** *1 medium*	**Spinach** *boiled, 1 cup*
						

ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Higher in Saturated fat
- No fiber

6 g	25g	25g
Egg *cooked, 1*	**Steak** *cooked, 3 oz*	**Chicken** *cooked, 3 oz*
		

Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lowers the risk of diabetes, heart disease, cancer, and promotes overall health.

Source: USDA Nutrient Analysis Database

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