



# Alton Sustainable Eating

Healthy Food, Healthy Planet



## How can we ensure we get enough protein from plants?

By Dee Panes, ACAN's consultant on Sustainable Eating

**📌 IMPORTANT:** While ACAN can offer general information and guidance on plant-based diet related topics, it's important to recognize that individual nutritional needs vary based on factors such as age, sex, health status, and dietary preferences. For personalized advice tailored to your unique circumstances, we strongly recommend consulting with a qualified healthcare professional or registered dietitian. They can assess your individual needs, provide personalised recommendations, and address any concerns you may have regarding your diet and nutrition.

Ensuring we get enough protein while eating a plant-based diet involves incorporating a variety of protein-rich plant foods into our meals and snacks. For example:

**TIP 1:** Include a variety of protein sources: such as beans, lentils, chickpeas, tofu, tempeh, edamame beans, peas, nuts, seeds, and whole grains.

**TIP 2:** Eat legumes regularly: such as beans, lentils, and chickpeas, which are excellent sources of protein. Include them in soups, stews, salads, curries, and stir-fries.

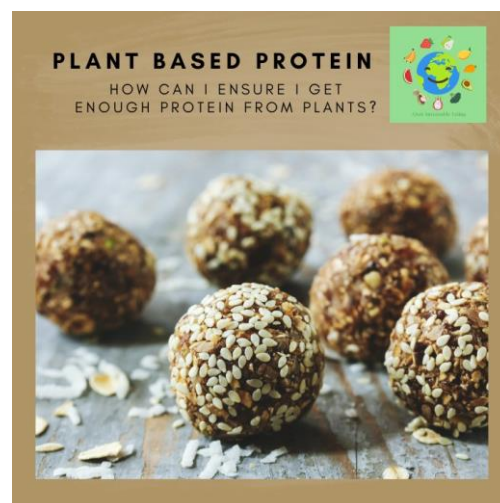
**TIP 3:** Choose whole grains: like quinoa, brown rice, oats, barley, farro, and bulgur which not only provide protein but also offer fibre and other essential nutrients.

**TIP 4:** Incorporate soy products: Tofu, tempeh, edamame, and soy milk are rich sources of protein and can be used in various dishes, including stir-fries, sandwiches, salads, and smoothies.

**TIP 5:** Snack on nuts and seeds: Almonds, walnuts, peanuts, cashews, chia seeds, hemp seeds, flaxseeds (linseeds), sesame seeds and pumpkin seeds are nutritious snacks that are high in protein and healthy fats.

**TIP 6:** Use plant-based protein powders: Pea protein, rice protein, hemp protein, and soy protein powders can be added to smoothies, oatmeal, or baked goods to increase protein intake.

**TIP 7:** Plan balanced meals: Aim to include a source of protein, carbohydrates, and healthy fats in each meal to ensure balanced nutrition and sustained energy levels.



**TIP 8: Read food labels:** Pay attention to food labels to identify hidden sources of protein in plant-based foods, such as fortified cereals, bread, pasta, and plant-based meat substitutes.

**TIP 9: Consider protein-rich snacks:** like hummus with veggies, peanut butter on whole grain toast, roasted chickpeas, or a handful of mixed nuts for a satisfying and nutritious snack.

By incorporating these strategies into our plant-based diet, we can ensure that we're meeting our protein needs while enjoying a variety of delicious and nutritious foods. Consulting with a registered dietitian or nutritionist can also provide personalised guidance and support in meeting our dietary goals.