



## **Protein for Vegetarians**

Protein is of primary importance in the growth & maintenance of all body tissues. It is the major source of building materials for muscles, tendons, ligaments, blood, hair, skin, nails, hormones, enzymes, glands, body fluids, the immune system & internal organs including the ear & brain.

When proteins are consumed, our digestive system breaks them down into amino acids that are the basic building blocks of life. There are 22 naturally occurring amino acids that are divided into two groups – essential & non-essential. The essential amino acids cannot be made by our bodies & so must be obtained through our diets. Many foods, such as animal products, contain all the essential amino acids but all foods contain some, therefore it becomes necessary to combine certain foods to ensure that all the essential amino acids are present in the body. The non-essential amino acids are made by essential amino acids, minerals, vitamins & enzymes in the liver.

### **Vegetarian Sources of protein**

All sources are listed at grams per 100gram portion, unless otherwise stated

<b>FRUITS</b> Most fruits 2 Avocado 4	<b>NUTS &amp; SEEDS</b> Almonds 19g/cup Brazil 20g/cup Cashews 24g/cup Peanuts 37g/cup Pistachios 26g/cup Pumpkin 40g/cup Sesame 27g/cup Sunflower 34g/cup Chia 15	<b>SEAWEEDS</b> Agar Agar 2 Kombu 7 Wakame 13 Kelp 16 Alaria 18 Dulse 22 Nori 35 Mushrooms contains 3
<b>VEGETABLES</b> Carrots 1 Cabbage 1 Cauliflower 3 Broccoli 4 Parsley 4 Brussels Sprouts 5	<b>LEGUMES</b> Aduki beans 22 Dry peas 24 Lentils 25 Soybeans 35 Kidney beans 14g/cup Black beans 44g/cup Dry chickpeas 19	<b>MICRO-ALGAE</b> Chlorella 55 Spirulina 68

<b>GRAINS</b> Rice 7 Barley 8 Corn 9 Rye 9 Millet 10 Buckwheat 12 Oats 13 Amaranth 16 Quinoa 18 Wild rice 22.6g/cup Bulgar 19g/cup Whole wheat 19g/cup Wheatgerm 25%	<b>DAIRY</b> Whole milk 3 Yoghurt 3 Cheese 25-31 Cottage Cheese 14 Ricotta 27g/cup Parmesan 36%  Full fat coconut cream 2.3
<b>FERMENTS</b> Soy Sauce 6 Tofu 8 Sourdough bread 10 Nut/seed yoghurts 9-15 Miso 15 Tempeh 20	<b>YEAST</b> Nutritional yeast 50

**Don't forget EGGS as a wonderful source of protein!**

<b>Topical Books</b>	<ul style="list-style-type: none"> <li>▪ <b>Rose Elliot Books</b></li> <li>▪ <b>Charmaine Solomon</b></li> <li>▪ <b>Molly Katzen - Moosewood Cook Book &amp; The Enchanted Broccoli Forest</b></li> <li>▪ <b>Vegetarian Society &amp; PETA – people for the ethical treatment of animals</b></li> <li>▪ <b>The Ayurvedic cookbook – A. Morningstar &amp; U.Desai</b></li> </ul>
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### **Protein Calculation:**

*Ideally you should be having 0.8 of a gram of protein per kg of body. For example, if you weigh 50kg, you will require 40gm of protein per day.  $50 \times .8 = 40$*

## TIPS

- If you find you're struggling to get enough protein each day, you may find it helpful to have a smoothie a few times a week, based on a plain protein.
- Don't forget to choose your protein first & build your meal around that.
- Adding hemp seeds to any dish is a great way to increase your protein, as well as your omegas. They're delicious in a smoothie, added to granola & coconut yoghurt, & sprinkled on a salad or roast veggies.

## Notes: MUST GET PROTEIN EVERY MEAL

- **Beans + Grains:** Rice & Dahl, baked beans on toast
- **Beans + nuts/seeds:** Stir fry tofu w/cashews & sesame seeds
- **Grains + dairy/eggs/nuts & seeds:** whole meal toast w/poached egg or almond spread, brown & wild rice w/cauli-cheese, muesli w/ yoghurt
- **Nuts & seeds + eggs/dairy:** LSA w/fruit & yoghurt, frittata sprinkled w/oven toasted seeds
- **Beans + eggs/dairy:** chickpea curry w/ yoghurt
- **LSA = linseed(flaxseeds), sunflower & almond 3:2:1**

**Bliss Balls** – full of magnesium, protein, potassium, calcium & good fats.

- Place 1/2 -3/4 Cup pitted & soaked Dates (or dried fruit) into blender to chop up.
- Add 1 Cup Linseed/Sunflower/Almond meal (LSA) into blender & mix.
- Add in 1/4 Cup good quality Cacao powder & mix.
- You may need to add a dash of water to help it form into a ball.
- When all is combined, take out a teaspoon of mix & roll between damp palms to make small balls. Continue till you've finished it all.
- Then you can roll them in desiccated coconut, cacao or chia seeds.
- Place them on a plate & into the fridge for a few hours to set.
- Makes about 15-18 balls of bliss.

**More Vegetarian & Vegan recipes can be found on**  
**[www.everlasting-health.com.au](http://www.everlasting-health.com.au)**

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