

# Increasing plant-based proteins

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The New Year will see many people commit to cutting down on the amount of meat they eat, but they must maintain a good level of protein consumption. Protein contains amino acids, the building blocks for muscle growth and maintenance.

Protein is also an important contributor to a healthy metabolism, efficient nutrient transport throughout the body, and a healthy immune system. Additionally, it helps you to feel fuller for longer and allows you to feel more energised without resorting to sweet treats.

There is a common misconception that plant-based diets lack protein because animal protein is presumed to be the only option. However, numerous plant-based, protein-rich sources provide a sufficient alternative, including soy, tempeh, beans, edamame, quinoa, barley, plus a wide range of seeds.

The key to consuming enough protein on a plant-based diet is to diversify and not rely on one source. By ensuring you get a healthy combination of soy options and varied legumes, grains, and seeds every week, you'll tick those protein boxes and get everything you need.



## HERE'S A LIST OF EXCELLENT PLANT PROTEIN OPTIONS

→ **Seitan:** this is made from gluten and has a similar texture to cooked meat. While it is very high in protein at 25g per 100g serving and can be adapted to various recipes, if you're sensitive to gluten, you'll want to try other options.

→ **Tofu:** Tempeh and Edamame: these soy-based options all contain 12-20g of protein per 100g serving. While tempeh has a nutty flavour, tofu lacks any distinctive flavour. So, you'll need to hone those seasoning skills to make tofu a tastier option.

→ **Lentils:** at 18g of protein per 100g serving, lentils are an excellent source of protein. Additionally, lentils are rich in slow-release carbohydrates and fibre, making them an excellent source of both energy as well as improved digestion.

→ **Green Peas:** at 9g per 160g cooked cup serving, these little beauties are also loaded with fibre. Add in the other list of nutrients in green peas and their versatility to add to recipes, and you're on to a winning source of plant-based protein.

No matter how you decide to get your protein, make sure you eat it at every meal, and this will ensure you maintain a healthy weight and feel less like snacking. ❖

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