



... when it comes to protein, evidence shows that more isn't actually better. A long-term study published in 2014 found that diets rich in animal protein are linked to a fivefold increase in risk of death from diabetes and a fourfold increase in risk of death from cancer—risk factors that are comparable to smoking."



— DR NEAL BARNARD

Founding president of the Physicians Committee for Responsible Medicine

PROTEIN: TOO MUCH OF A GOOD THING?

Most non-vegetarians consume more protein than recommended. Excessive intakes of animal proteins may damage kidneys and bones and are a risk factor for heart disease and some cancers.³

Diet books advocating high (animal) protein and low carb diets ignore the associated chronic health risks of such diets and the proven contribution of vegan diets for managing weight and reducing disease risks.



IS THERE ENOUGH PROTEIN FOR GROWING CHILDREN?

Yes, research shows that children are healthy, grow normally and thrive on a vegan diet.²

FOUND THIS USEFUL? WE HAVE LOADS MORE.

Visit our website for a complete list of helpful nutrition leaflets, recommended links and vegan recipes.

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Check our website for how to support our work or get involved with our local activities. The CVS is a registered charitable organisation. Donations are tax deductible.

veganchristchurch.org.nz

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Thanks to the members of our vegan community for providing their photos for our leaflets.

PLANT BASED PROTEIN POWER

Sensible eating for optimum health



#2 PROTEIN POWER

PROTEIN ON A VEGAN DIET - SO EASY

"But where do you get your protein?" must be one of the most common questions asked of vegans. The answer is "Everywhere!"

Protein needs are easily met on a vegan diet. Most plant foods contain protein - in fact, it would be very difficult to design a vegan diet that is lacking in protein. It is now thought that one of the benefits of a vegan diet is that it contains adequate but not excessive protein. Too much protein, especially animal protein, can lead to serious health problems.

DID YOU KNOW?

- Protein is necessary for maintaining healthy tissues and sustaining growth
- Most people consume more protein than what is required
- Excessive intakes of animal proteins can be harmful
- Plant foods deliver all your protein needs without harmful saturated fats

EXCELLENT PLANT-BASED PROTEIN FOODS








WHAT DOES PROTEIN DO?

Protein is necessary for maintaining tissues and sustaining growth. Protein is also used to make hormones and other physiologically active substances. The building blocks of protein are amino acids – 20 in total. Most amino acids are made in the body, but the nine amino acids that can only be gained from food are easily obtained in a plant-based diet.

RECOMMENDED DAILY PROTEIN INTAKE

(The New Zealand Ministry of Health)

YEARS	(g)	
	0-1	10-14
	1-3	14
	4-8	20
	9-13	35 40
	14-18	45 65
	19-70	64
	Over 70	81
	19-70	46
	Over 70	57
	14g extra daily (pregnancy)	
	19g extra daily (0-6mths)	

WE GET ALL WE NEED!

Diets that contain enough energy (calories) will contain sufficient protein. Protein deficiency is quite rare in New Zealand. Simply by eating a normal range of plant-based foods, our bodies get all the protein needed and this protein doesn't come laden with saturated fats, as it does when from meat and dairy.

SOME EXCELLENT PLANT-BASED PROTEIN RICH SOURCES

- 1/2 cup almonds (14.8g)
- 1/2 cup baked beans (10.8g)
- 1 cup broccoli (2.6g)
- 1 cup brown rice, cooked (9g)
- 1/2 cup cashews (10.4g)
- 1 cup chick peas, cooked (14.5g)
- 1 cup kidney beans, cooked (15.4g)
- 1 cup lentils, cooked (17.9g)
- 1 baked potato (2.8g)
- 1/2 cup pumpkin seeds (17g)
- 3/4 cup quinoa, cooked (6g)
- 1 cup oats, cooked (6g)
- 1 slice wholemeal bread (2.7g)
- 1 cup soy milk (5-9g)
- 1/2 cup firm tofu (19.9g)

THE BENEFITS OF PLANT PROTEINS

In terms of meeting your protein needs, protein from plant sources can be superior to protein from animal sources. The lower concentration of protein in plants makes it less likely that you'll get too much protein. Also plant protein is more likely than animal protein to be accompanied with other beneficial nutrients such as vitamins, fibre, minerals and healthy fats.



SAMPLE MENU

PROTEIN INTAKE: 68g

BREAKFAST

Porridge with rice milk
Sliced banana
Orange juice

LUNCH

Falafel pita
An apple
Orange juice

DINNER

Bean nachos with guacamole
Side salad with lemon dressing
Soy ice cream

SNACKS

Handful of nuts
Tub of coconut yogurt

IS COMBINING PROTEINS NECESSARY?

It was once thought that protein foods should be combined at each meal in order to obtain all amino acids. Recent research has indicated that this is not necessary, because most foods have all amino acids in adequate amounts for human health.¹ However, make sure you eat a variety of foods to ensure balance and enjoyment.

FREE DOWNLOADS

We have many other informative leaflets on health and nutrition, including raising vegan children, available on our website:

veganchristchurch.org.nz



“Well planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence.”

American Dietetic Association, Dietitians of Canada: Vegetarian Diets. Statement supported by Dietitians New Zealand.

REFERENCES: 1) 1, 3 Davis, B. et al (2000) *Becoming Vegan*. 2) Fulton, J.R. et al (1980) 'Preschool vegetarian children' *J.AmDietAssoc.* 3) Walsh, S. (2003) *Plant Based Nutrition and Health*.

