AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old*

56 g | 46 g

*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/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: https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/
J Acad Nutr Diet. 2013 Dec; 113(12): 1610–1619.

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

PLANT PROTEIN
per serving

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

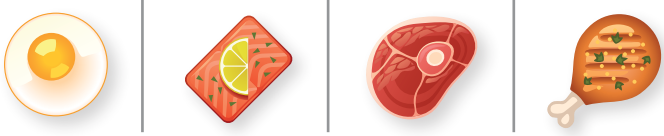
18g	17g	15g	6g	5g	5g	5g
Red Lentils boiled, 1 cup	**Edamame** boiled, 1 cup	**Black Beans** cooked, 1 cup	**Almonds** 1 oz	**Peas** cooked, 1 cup	**Baked Potato** 1 medium	**Spinach** boiled, 1 cup



ANIMAL PROTEIN
per serving

DISADVANTAGES
- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g	20g	25g	25g
Egg cooked, 1	**Salmon** cooked, 3 oz	**Steak** cooked, 3 oz	**Chicken** cooked, 3 oz



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

Source: USDA Nutrient Analysis Database

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine. lifestylemedicine.org

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