

Plant Protein Fact Sheet

Your Guide to Plant Protein

Recommended Daily Protein Intake	2
High Protein Foods	3
10 Complete Plant Protein Foods	5
The Best Plant Foods for Each Essential Protein	6
Delicious Plant Protein Meal Ideas	7
Delicious Plant Protein Meal Ideas	8
Tips to Maximize Protein Absorption	9




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Recommended Daily Protein Intake

BASED ON ACTIVITY LEVEL


0.8 g
per kg body weight



General Health

General Health
0.8 g
per kg body weight


1.2-1.6 g
per kg body weight



Active Individual

Active Individuals
1.2–1.6 g
per kg body weight

1.6-2.2 g
per kg body weight



Intense Physical Activity

Intense Physical Activity
1.6–2.2 g
per kg body weight

From sitting at a desk to lifting heavy weights, your protein needs change with your activity level! Whether you're focusing on general health, staying active, or engaging in intense physical activity, adjusting your intake helps support your body's needs.

**This image was created using AI to add a bit of fun and colour!*

Plant Protein Fact Sheet

High Protein Foods CATEGORISED

Legumes & Beans

Rich in protein and fibre, often forming the base of plant-based meals.

PROTEIN SOURCE	QUANTITY	PROTEIN
Lentils (cooked)	1 cup (198g)	18g
Chickpease (cooked)	1 cup (164g)	15g
Edamame (cooked)	1 cup (160g)	19g
Black Beans / Kidney Beans (cooked)	1 cup (175g)	15g
Green Peas (cooked)	1 cup (160g)	9g

Grains & Pseudograins

Often used as sides or in salads.

PROTEIN SOURCE	QUANTITY	PROTEIN
Quinoa (cooked)	1 cup (185g)	8g
Amaranth (cooked)	1 cup (246g)	9g
Oats (cooked)	$\frac{3}{4}$ cup (175g)	4g
Wild Rice (cooked)	1 cup (164g)	7g
Buckwheat (cooked)	1 cup (168g)	7g

Plant Protein Fact Sheet

High Protein Foods

CATEGORISED

Nuts & Seeds—and their butters

Protein-packed and nutrient-dense, great for snacks and toppings.

PROTEIN SOURCE	QUANTITY	PROTEIN
Peanuts	Handful (1 oz/28g)	7g
Almonds	Handful/23 pcs (1 oz/28g)	6g
Peanut Butter	2 tbsp (32g)	8g
Pumpkin Seeds	Handful/85 pcs (1 oz/28g)	5g
Sunflower Seeds	Handful (1 oz/28g)	6g
Hemp Seeds	3 tbsp (30g)	10g
Chia Seeds	2 tbsp (24g)	4g
Pistachios	Handful/49 pcs (1 oz/28g)	6g
Cashews (raw)	Handful/16-18 pcs (1 oz/28g)	5g
Walnuts	Handful/14 halves (1 oz/28g)	4g
Flaxseeds (ground)	2 tbsp (14g)	3g
Almond Butter	2 tbsp (32g)	7g
Tahini	2 tbsp (28g)	5g

Plant Protein Fact Sheet

High Protein Foods

CATEGORISED

Plant-Based Protein Alternatives & Condiments

Higher in protein per serving, often used as meat substitutes or toppings.

PROTEIN SOURCE	QUANTITY	PROTEIN
Lentils (cooked)	1 cup (198g)	18g
Chickpease (cooked)	1 cup (164g)	15g
Edamame (cooked)	1 cup (160g)	19g
Black Beans / Kidney Beans (cooked)	1 cup (175g)	15g

10 Complete Plant Protein Foods

PLANTS THAT CONTAIN ALL NINE ESSENTIAL AMINO ACIDS

<p>Quinoa A popular pseudograin that is rich in fibre.</p> <p>Amaranth An ancient grain that provides all essential amino acids.</p> <p>Buckwheat Despite its name, buckwheat is not related to wheat.</p> <p>Hemp Seeds Contains a good balance of omega-3 and omega-6 fatty acids.</p> <p>Chia Seeds Packed with fibre and omega-3 fatty acids.</p>	<p>Soybeans and Soy Products Products like tofu, tempeh, and edamame all retain this quality.</p> <p>Spirulina A blue-green algae that is often used as a supplement or added to smoothies.</p> <p>Ezekiel Bread Made from sprouted grains and legumes.</p> <p>Hemp Protein Powder Made from hemp seeds, this protein powder provides all essential amino acids.</p> <p>Nutritional Yeast Often used as a cheesy-flavoured topping.</p>
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Plant Protein Fact Sheet

The Best Plant Foods for Each Essential Protein

To get all essential amino acids, focus on variety! No need to worry about specific amino acid levels—just mix different protein-rich foods, and your body will handle the rest.

certain amino acids, excluding those that already contain all essentials (like quinoa and soybeans, shown above). Simply enjoy a range of plant-based foods, and you're good to go!

The tables below highlight plant foods high in

LYSINE	METHIONINE	HISTIDINE	ISOLEUCINE	LEUCINE
Legumes	Almonds	Almonds	Almonds	Almonds
Pistachios	Brazil Nuts	Black Beans	Black Beans	Black Beans
Pumpkin Seeds	Brown Rice	Chickpeas	Chickpeas	Brown Rice
	Oats	Lentils	Lentils	Chickpeas
	Peanuts	Oats	Oats	Lentils
	Pistachios	Peanuts	Peanuts	Oats
	Sesame Seeds	Pumpkin Seeds	Pumpkin Seeds	Peanuts
	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Pumpkin Seeds

Phenylalanine	Threonine	Tryptophan	Valine
Almonds	Almonds	Almonds	Almonds
Black Beans	Black Beans		Black Beans
Chickpeas	Chickpeas	Chickpeas	Chickpeas
Lentils	Lentils	Lentils	Lentils

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The Best Plant Foods for Each Essential Protein

Phenylalanine	Threonine	Tryptophan	Valine
Oats	Oats	Oats	Oats
Peanuts	Peanuts	Peanuts	Peanuts
Pumpkin Seeds	Pumpkin Seeds	Pumpkin Seeds	Pumpkin Seeds
Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds

Delicious Plant Protein Meal Ideas

Plan your meals to include a variety of plant foods to cover all essential amino acids. Here are some ideas:

Seed-Powered Breakfast Bowl	
<p>INGREDIENTS</p> <ul style="list-style-type: none"> • Oats (or quinoa) • almond milk • sunflower seeds • pumpkin seeds • chia seeds • fresh berries • drizzle of almond butter 	<p>HOW TO MAKE</p> <p>Cook oats or quinoa with almond milk, then top with sunflower and pumpkin seeds, chia seeds, berries, and almond butter for a nutrient-packed breakfast.</p>

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Delicious Plant Protein Meal Ideas

Savoury Seed Crackers

INGREDIENTS

- sunflower seeds
- pumpkin seeds
- chia seeds
- ground flaxseeds
- water
- herbs and spices

HOW TO MAKE

Mix all seeds (1 cup) with water ($\frac{1}{2}$ – $\frac{3}{4}$ cup) and let it sit until a gel forms (20 mins.). Spread the mixture thinly on a baking sheet and bake until crispy (160°C (325°F) for about 30-40 minutes). These crackers make a great snack with hummus or guacamole.

Almond Energy Balls

INGREDIENTS

- almonds
- almond butter
- oats
- dates
- Cocoa powder

HOW TO MAKE

Blend almonds, almond butter, oats, and dates in a food processor. Knead cocoa powder into one half of the mixture. Roll into bite-sized balls. Refrigerate for 20-30 minutes.

Almond Pesto Pasta

INGREDIENTS

- fresh basil
- garlic
- olive oil
- nutritional yeast
- almonds
- wholegrain pasta

HOW TO MAKE

Blend almonds with basil, garlic, olive oil, and nutritional yeast to create a rich almond pesto. Toss it with cooked pasta for a delicious, nutty twist on classic pesto.

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Tips to Maximize Protein Absorption

SPROUTING AND FERMENTING

Sprouting grains, legumes, and seeds can increase protein availability by breaking down anti-nutrients like phytic acid, which can inhibit the absorption of protein.

Fermenting soy products (like in tempeh and miso) improves protein digestibility and enhances the bioavailability of amino acids.

COOK THOROUGHLY, BUT

NOT OVERCOOK

Cooking beans, grains, and legumes helps improve protein digestibility by softening the cell walls and denaturing proteins, making them easier for digestive enzymes to act on.

EAT PROTEIN-RICH FOODS WITH DIGESTIVE ENZYMES

Including foods that aid protein digestion can be helpful:

Pineapple contains **bromelain**, which can aid in protein digestion.

Papaya contains papain, another enzyme that helps break down proteins.

**See tips below.*

CHEWING THOROUGHLY

Chewing properly breaks down the food into smaller particles, making it easier for digestive enzymes to access and break down the protein.

Incorporating pineapple and papaya to enhance digestion and absorption of plant protein*

1. ADD PINEAPPLE OR PAPAYA TO SALADS WITH LEGUMES OR TOFU

Example: A chickpea and avocado salad with fresh pineapple chunks. The sweetness of pineapple pairs well with savoury ingredients like chickpeas and tofu, making it a refreshing and digestive-friendly salad.

2. SERVE PINEAPPLE OR PAPAYA AS A SIDE OR SNACK AFTER PROTEIN-RICH MEALS

Example: Serve grilled tempeh or tofu stir-fry with a side of fresh papaya slices or a small bowl of pineapple chunks.

3. USE PINEAPPLE OR PAPAYA IN SALSAS AND SAUCES

Example: Make a pineapple salsa (pineapple, cilantro, lime juice, and red onion) to serve over bean-based tacos or tempeh.