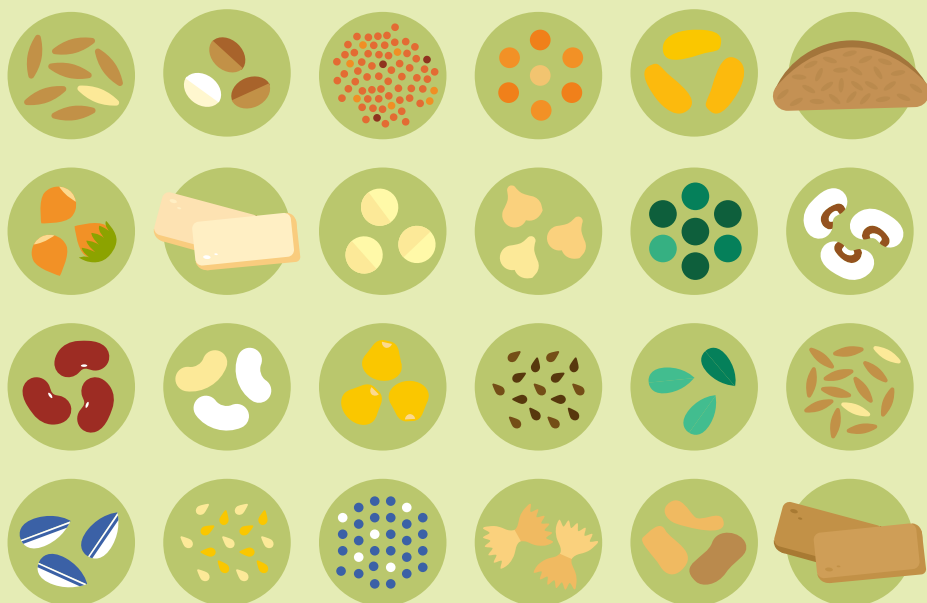




# Cooking plant-based: how to get enough protein



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## Good for you & good for the planet!

Reducing meat consumption to include more plant foods **can benefit both our health and the planet.**

Plant-based diets based on whole plant foods such as pulses, fruit and vegetables, nuts and seeds tend to be **lower in saturated fat and salt, and richer in fibre.** They also have a lower impact on the environment due to their **low greenhouse gas emissions.**

Whether you wish to transition to a fully plant-based diet or simply incorporate more plant foods in your day-to-day, this factsheet will be a **useful guide to get you started on your journey.**

## Can you get enough protein from plant foods?

Getting enough quality protein from plants is possible and there are many options you can opt for: from pulses and whole grains to meat substitutes. The key is to make sure to **combine and vary different sources** throughout the day.

### How much do we need?

The general recommendation for healthy adults is to eat **at least 0.83 grams of protein per kilogram of weight.** However, requirements vary for everyone.

## What can a day look like?\*

\*to reach 54 g of protein, based on the average protein requirements for a 65 kg adult.



oatmeal (40 g of oats) with soy drink (200 ml) & 1 tbsp of flax seeds



2 bean burgers (80 g), 4 tbsp of rice, varied veggies



lentil soup (200 ml), 2 slices of whole grain bread, 2 tbsp of hummus & 1 mandarin



soy yoghurt, a handful of walnuts & 1 banana

## How much protein is in soy products



tempeh (cooked)  
50 g  $\approx$  3 thin slices  
**10.3 g of protein**



edamame beans (frozen)  
80 g  $\approx$  6-7 tbsp  
**9.8 g of protein**



tofu (steamed)  
100 g  $\approx$  2 slices  
**8.1 g of protein**



soy yoghurt (plain)  
125 ml  $\approx$  1 small/5 tbsp  
**5 g of protein**



soy drink  
(unsweetened & fortified)  
200 ml  $\approx$  1 glass  
**4.8 g of protein**

Soy is a **high-quality plant protein** as it contains a good balance of essential amino acids & tends to be well digested by our body.



When choosing soy-based alternatives to dairy, **opt for those that are fortified with no added sugars.**

## The secrets to tastier tofu

- 1** **select the right texture**  
firm or soft, depending on the kind of recipe
- 2** **press it (15 min) or freeze it**  
to get rid of moisture & allow it to absorb flavours
- 3** **marinate it**  
in a water-based marinade, between 1 hour & 1 day
- 4** **bake it, fry it or cook it in a sauce**  
it is extremely versatile!



Tofu is also a **source of calcium**, which is important for those who exclude dairy from their diets.

## How much protein is in pulses



black eyed beans  
80 g ≈ 5-6 tbsp  
**7 g of protein**



chickpeas  
80 g ≈ 4 tbsp  
**6.2 g of protein**



red kidney beans  
80 g ≈ 5-6 tbsp  
**6.9 g of protein**



green peas (frozen)  
80 g ≈ 8 tbsp  
**4.4 g of protein**



white beans  
80 g ≈ 5-6 tbsp  
**6.9 g of protein**

*\*all values refer to pulses  
boiled from dried*



lupin  
40 g ≈ 4 tbsp  
**6.6 g of protein**

**Soaking dry pulses**  
prior to cooking helps to  
improve their digestibility.



lentils  
80 g ≈ 5-6 tbsp  
**6.4 g of protein**



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## 3 ways of cooking dry pulses\*

*\*cooking times vary for each type of pulses & cooking method*



soak in water  
overnight then drain, rinse  
& cook in fresh water



boil, cool & drain  
then boil again  
in fresh water



cook them in a  
pressure cooker

# How much protein is in cereals & whole grains



seitan (grilled)  
50 g ≈ 2 thin slices  
**11.5 g of protein**



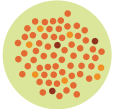
whole meal bread  
50 g ≈ 1 slice  
**4.7 g of protein**



pasta  
110 g ≈ 4-5 tbsp  
**6 g of protein**



brown rice  
110 g ≈ 4-5 tbsp  
**4 g of protein**



quinoa  
110 g ≈ 7-8 tbsp  
**5.2 g of protein**



breakfast cereals  
bran flakes (fortified)  
35 g ≈ 3-4 tbsp/1 handful  
**3.4 g of protein**



oats  
40 g ≈ 4 tbsp  
**5.2 g of protein**



breakfast cereals  
cornflakes (fortified)  
35 g ≈ 3-4 tbsp/1 handful  
**2.5 g of protein**



spelt  
110 g ≈ 5-7 tbsp  
**5.1 g of protein**

*\*all values refer to boiled cereals & whole grains*

Look for **fortified cereal-based products** to help increase your intake of B-vitamins, iron, vitamin B12 & calcium.

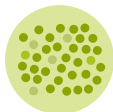


**Pair your plant-based meals with vitamin-C rich foods.** It will help increase your iron absorption from pulses, whole grains & other vegetable sources!



**Cereals & legumes** are a great match: include them both to optimise your intake of essential amino acids!

## How much protein is in seeds



hemp seeds  
10 g ≈ 1 tbsp  
**3 g of protein**



sunflower seeds  
10 g ≈ 1 tbsp  
**2 g of protein**



pumpkin seeds  
10 g ≈ 1 tbsp  
**2.4 g of protein**



sesame seeds  
10 g ≈ 1 tbsp  
**1.8 g of protein**



flax seeds  
10 g ≈ 1 tbsp  
**2.2 g of protein**



chia seeds  
10 g ≈ 1 tbsp  
**1.6 g of protein**

Nuts & seeds contain protein, but due to their high content in fats & energy, they should be **eaten in moderation**.



## How much protein is in nuts



peanuts  
30 g ≈ 1 handful  
**7.7 g of protein**



Brazil nuts  
30 g ≈ 1 handful  
**4.3 g of protein**



almonds (whole)  
30 g ≈ 1 handful  
**6.4 g of protein**



hazelnuts  
30 g ≈ 1 handful  
**4.2 g of protein**



cashews  
30 g ≈ 1 handful  
**5.3 g of protein**



pecans  
30 g ≈ 1 handful  
**2.8 g of protein**



pistachio (roasted)  
30 g ≈ 1 handful  
**5.1 g of protein**



macadamia nuts  
30 g ≈ 1 handful  
**2.4 g of protein**



walnuts  
30 g ≈ 1 handful  
**4.4 g of protein**

Values used in this factsheet were adapted from: McCance and Widdowson's Composition of Foods Integrated Dataset & EuroFIR food composition database.

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## Influencer-inspired plant-based recipes

We teamed up with influencers from around Europe to bring you some more inspiration!

Here are some of the top plant-based recipes they created.

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### Quick & easy



@sweet.dominik



**Crispy lentil fritters**

> [check the recipe](#)



@derechupetee\_



**Aubergine pâté**

> [check the recipe](#)



@claravillalon



**Beans with pistachio pesto, ricotta cheese and croutons**

> [check the recipe](#)



@puredepalabras



**False chickpea pesto risotto**

> [check the recipe](#)



@puredepalabras



**Soya pasta with egg  
and 'gulas'**

> [check the recipe](#)



@puredepalabras



**Pizza with lentil base**

> [check the recipe](#)



@joliveira10



**Chickpea and  
vegetable balls**

> [check the recipe](#)



## Expert level



@ruimotaa



**Roasted Padrón pepper filled with a chickpea, miso, and tahini foam, served with cornbread, truffle oil, black activated charcoal, and poppy seeds**

[> check the recipe](#)



@ruimotaa



**Triple purée (pumpkin with cardamom, mungo beans with chlorella, and chestnuts with anise), smoked eryngii mushroom, black garlic mayonnaise, sea lettuce umami veil, and fried buckwheat**

[> check the recipe](#)

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