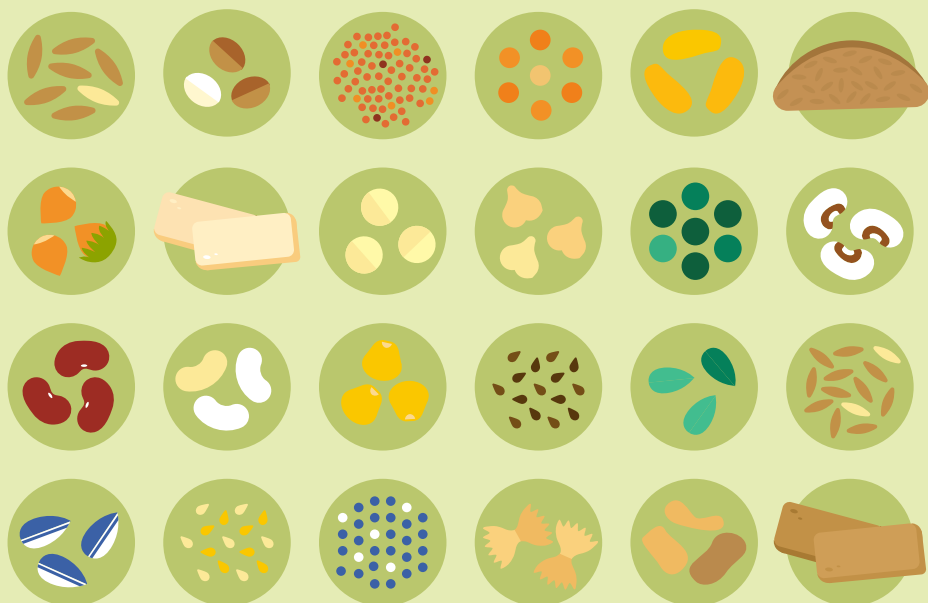




Cooking plant-based: how to get enough protein



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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



split peas
80 g ≈ 4 tbsp
6.6 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



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



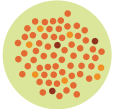
whole meal bread
50 g ≈ 1 slice
4.7 g of protein



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.

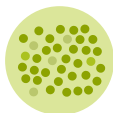


Pair your plant-based meals with vitamin-C rich foods. It will help increase your iron absorption from pulses, whole grains & other vegetable sources!



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

How much protein is in seeds



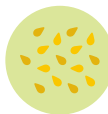
hemp seeds
10 g ≈ 1 tbsp
3 g of protein



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.

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.

Quick & easy



@sweet.dominik



Crispy lentil fritters

> [check the recipe](#)



@derechupetee_

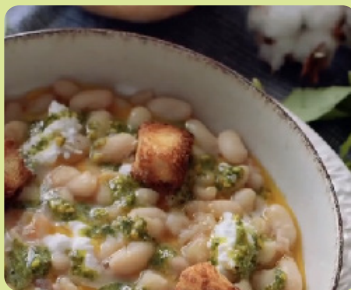


Aubergine pâté

> [check the recipe](#)



@claravillalon



Beans with pistachio pesto, ricotta cheese and croutons

> [check the recipe](#)



@puredepalabras



False chickpea pesto risotto

> [check the recipe](#)



@puredepalabras

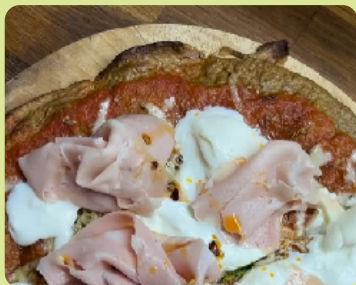


**Soya pasta with egg
and 'gulas'**

> [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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