



Vegetarian Sources of Protein

A lot of individuals who are vegetarian or vegan find it hard to consume enough protein in their daily diets. However, knowing what nuts and vegetables are rich in protein can make it a lot easier to reach your recommended daily intake. It is very possible to train and live healthy, active lifestyles on vegetarian protein sources. Soy and hemp are rich in protein, and a great vegan/ vegetarian alternative to whey protein shakes for post training muscle repair. Research shows that Ingestion of 20g of intact protein post-training is sufficient to stimulate muscle repair and growth. Ingestion of 40g of protein in one sitting may not stimulate muscle repair and growth any more than 20g.

- 170g Tofu/ Tempeh (22 grams)
- 2 large Eggs (12 grams)
- 2 tablespoons Peanut Butter (7.5 grams)
- ½ cup Lentils (9 grams)
- ½ cup Soybeans/ Edamame (8 grams)
- ½ cup Kidney beans (7 grams)
- 30g/15 Almonds (7 grams)
- ½ cup Chickpeas (6 grams)
- 30g/15 Cashews (5 grams)
- 30g/10 Walnuts (4.5 grams)
- 1 cup Broccoli (4 grams)
- 1 cup Cooked Kale (3.8 grams)
- ½ cup Peas (3.3 grams)
- ½ cup Oats (3 grams)
- 1 tablespoon Sesame Seeds (3 grams)
- 1 tablespoon Chia Seeds (2.5 grams)
- 1 tablespoon Pumpkin Seeds (2.5 grams)
- 1 tablespoon Flax Seed (2.2 grams)





Protein Requirements

| Age | Recommended daily Protein Intake | Grams of protein by individual body weight (kg) |
|--|----------------------------------|--|
| 1-3 years | 14g/ day` | 1.08g protein X kg |
| 4-8 years | 20g/ day | 0.91g protein X kg |
| 9-13 years | Boys: 40g/ day Girls 35g/ day | Boys: 0.94g protein X kg Girls 0.87g protein X kg |
| 14-18 years | Boys: 65g/ day Girls 45g/ day | Boys: 0.99g protein X kg Girls 0.77g protein X kg |
| 19-70 years | Boys: 64g/ day Girls 46g/ day | Boys: 0.84g protein X kg Girls 0.75g protein X kg |
| >70 years | Boys: 81g/ day Girls 57g/ day | Boys: 1.07g protein X kg Girls 0.94g protein X kg |
| Pregnancy (2 nd and 3 rd trimesters) and Lactation | Boys: 60g/ day Girls 57g/ day | Boys: 1.07g protein X kg Girls 0.94g protein X kg |

Protein Requirements in Sports

| Group | Grams of protein by individual body weight (kg) |
|------------------------------|---|
| Recreational Endurance | Male and Female 0.8-1.0g protein X kg |
| Moderate Intensity Endurance | Men: 1.2g protein X kg Women: 1.0g protein X kg |
| Elite Endurance | Men: 1.6g protein X kg Women: 1.4g protein X kg |
| Resistance (early training) | Men: 1.5-1.7g protein X kg Women 1.3-1.5g protein X kg |
| Resistance (steady state) | Men: 1.0-1.2g protein X kg Women: 1.0g protein X kg |
| Football, Power sports | Men: 1.4-1.7g protein X kg Women 1.2-1.5g protein X kg |

