

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

Build Muscle Naturally

Plant Proteins That Work

Protein is in every cell in our bodies. It is essential to nearly all bodily systems: brain processes, mood, sleep, hormone production, tissue production and repair, red blood cell production, and much more.

The building blocks of protein are called amino acids. Most of the 20 amino acids humans need are produced by our bodies naturally. But there are 9 essential amino acids that we need to get through our diet in order for our bodies to work properly.

A food source of protein is considered “complete” when it has all 9 amino acids in enough quantity to be useable by your body.

Meat and some dairy products are complete proteins, but when they are cooked much of the nutritional goodness is destroyed. Plus the fats from animal sources are potentially harmful to your cardiovascular system and nervous system.

So let’s look to plant sources for our complete proteins.

Fiesta Bowl, with protein-rich quinoa and black beans. >



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Some plants and grains are complete on their own and others are “incomplete.” Incomplete proteins contain some of the amino acids, so they need to be paired with another food that contains the rest of the amino acids. Together they form a complete protein. And they don’t have to be eaten at the same time — your body will store the amino acids for a few days and wait until the rest of the acids come in. So just make sure you have a variety of protein-rich foods in your diet and your body will work it out.

Complete protein sources

- Quinoa
- Amaranth
- Hemp seed
- Tempeh
- Edamame
- Miso
- Fresh green soybeans
- Black-eyed peas
- Chia seeds
- Spirulina
- Nutritional yeast
- Tamari



Be creative in your eating of plant-based foods and you will receive all the essential amino acids to provide for sufficient protein in your Naked lifestyle. Variety is the key.

The next page lists incomplete protein sources.



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Good incomplete protein sources

Most of these have 8 of the 9 essential amino acids.

Fruits and vegetables:

- Avocado
- Artichoke
- Asparagus
- Beet greens
- Broccoli
- Brussels Sprouts
- Cauliflower
- Corn
- Crimini mushrooms
- Green peas
- Mustard greens
- Portobello mushrooms
- Potatoes (with skin)
- Seaweed
- Shiitake mushrooms
- Swiss chard
- Watercress

Grains:

- Brown rice
- Buckwheat groats
- Couscous
- Kamut
- Millet
- Sprouted wheat
- Triticale

Legumes:

- Adzuki
- Black beans
- Chickpeas (garbanzo beans)
- Dried peas
- Kidney beans
- Lentils
- Lima beans
- Mung
- Pinto

Nuts and nut butters:

- Almonds
- Brazil nuts
- Cashews
- Peanuts
- Pecans
- Pistachios
- Walnuts

Seeds and seed butters:

- Flax
- Pumpkin
- Sesame
- Sunflower

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Sources

Black-bean heart image: thanunkorn / FreeDigitalPhotos.net

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