

NMUDINING

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PLANT BASED PROTEIN

THE HEALTH BENEFITS OF HAVING A DIET RICH IN PLANT BASED PROTEIN

Diet rich in plant based proteins such as walnuts, peanuts, almonds, Brazil nuts, pistachios, seeds, legumes, lentils, quinoa, and soy provide mono and polyunsaturated fats, which are anti-inflammatory to help maintain healthy cell structure.



By limiting inflammation and maintaining your bodies cell structure, you are limiting the risk of chronic diseases. Foods high in saturated fat and trans fat cause inflammation, which can increase the risk of chronic disease. Foods high in saturated fat and trans fat include meats, full fat dairy, fried and processed foods.

A diet rich in plant based proteins provides fiber, which helps lower your bad cholesterol and helps raise your good cholesterol. Fiber lowers cholesterol by binding to bile acids, which are needed to digest fat. This process not only decreases fat absorption, but also leads to cholesterol replacing the bile that acids excrete when bound to fiber. Fiber provides very little calories and helps slow digestion, which makes you feel full, longer. This leads to you eating less, which ultimately can lead to weight loss!



A plant based diet is high in the following minerals: magnesium, zinc, calcium, and phosphorus. These minerals help with bone development, immunity, and energy production. Magnesium also plays a role in decreasing inflammation, which can lower your risk for some chronic disease as mentioned above. Calcium is essential for bone development and prevention of osteoporosis. One ounce of almonds provides 75mg of calcium per day.



To get all the benefits of plant based proteins, it is recommended to include them in your diet daily and to have meatless meals at least twice a week. Nuts are a great snack to have between meals and are easily stored and can be kept in your car, desk at work, back pack, gym bag, etc. So next time you crave something crunchy, skip the potato chips and grab a hand full of nuts. Also, note with the price of red meat increasing in the past year by 2-3x last year's cost, plant based protein is much less costly!

For any questions about allergies or other nutritional needs, please contact:

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