

PLANT vs ANIMAL BASED PROTEIN

Nutrient	Plant-Based*	Animal-Based**
Cholesterol (mg)	-	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	-
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

*Equal parts of tomatoes, spinach, lima beans, peas, and potatoes

**Equal parts of beef, chicken, pork, turkey, and fish

Broccoli VS Steak

100 Calories Broccoli

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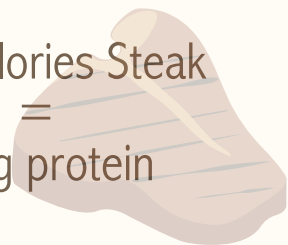
11.2 g protein



100 Calories Steak

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5.4 g protein



Ground Beef VS Black Beans

4 oz. Ground Beef = 4 oz. Black Beans

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24 g Protein = 24 g Protein

320 Calories = 120 Calories

High Acidity = Lower Acidity

High Cholesterol = No Cholesterol

Saturated Fat = No Saturated Fat

No Fiber = 9 g Fiber

Heterocyclic Amines = Phytonutrients

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