



Nutrition Education



Protein Complements

A complete protein has all 9 essential amino acids. Most plant proteins DO NOT contain all 9 essential amino acids except for soy, quinoa, and buckwheat. Consume a protein source with its complement in the same day to get all 9 essential amino acids.

Food	Complement
Beans	Rice
Peanut Butter	Whole Wheat Bread
Salad	Beans and Seeds

Sources:

<https://www.todaysdietitian.com/newarchives/0419p30.shtml>

<https://nutrition.org/protein-complementation>

<https://www.thegeriatricdietitian.com/protein-requirements-for-older-adults/>

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Eating Vegetarian: Get Your Protein from Plant Sources

Protein is present in every cell of the body. Amino acids are the building blocks of protein that help form the muscles, tendons, blood vessels, skin, hair, and nails. Protein plays a role in immunity, maintaining muscle, and maintaining physical function in older adults.

Plant proteins are slightly less digestible than animal proteins due to the high fiber content interfering with the absorption, so a slightly higher protein intake may be needed. Between 1-1.2 grams of protein per kilogram of body weight each day is adequate for aging adults. For example, someone who weighs 150 lbs. (68 kg) would need approximately 68-82 grams of protein. As we age, recommended protein needs increase a bit to preserve muscle but there are also certain health conditions such as kidney disease that would require a person to eat less protein. Consult with a dietitian or your doctor to know your recommended protein levels.

Plant Based Protein Sources

- 1 cup Lentils = 18 grams
- 1/2 cup Edamame = 13 grams
- 1 cup Black Beans = 15 grams
- 1 cup Kidney Beans = 13 grams
- 1 cup Tofu = 20 grams
- 1 cup Chickpeas = 12 grams
- 1/4 cup Almonds = 6 grams
- 2 TBS Peanut Butter = 8 grams
- 1 cup Broccoli = 3 grams

