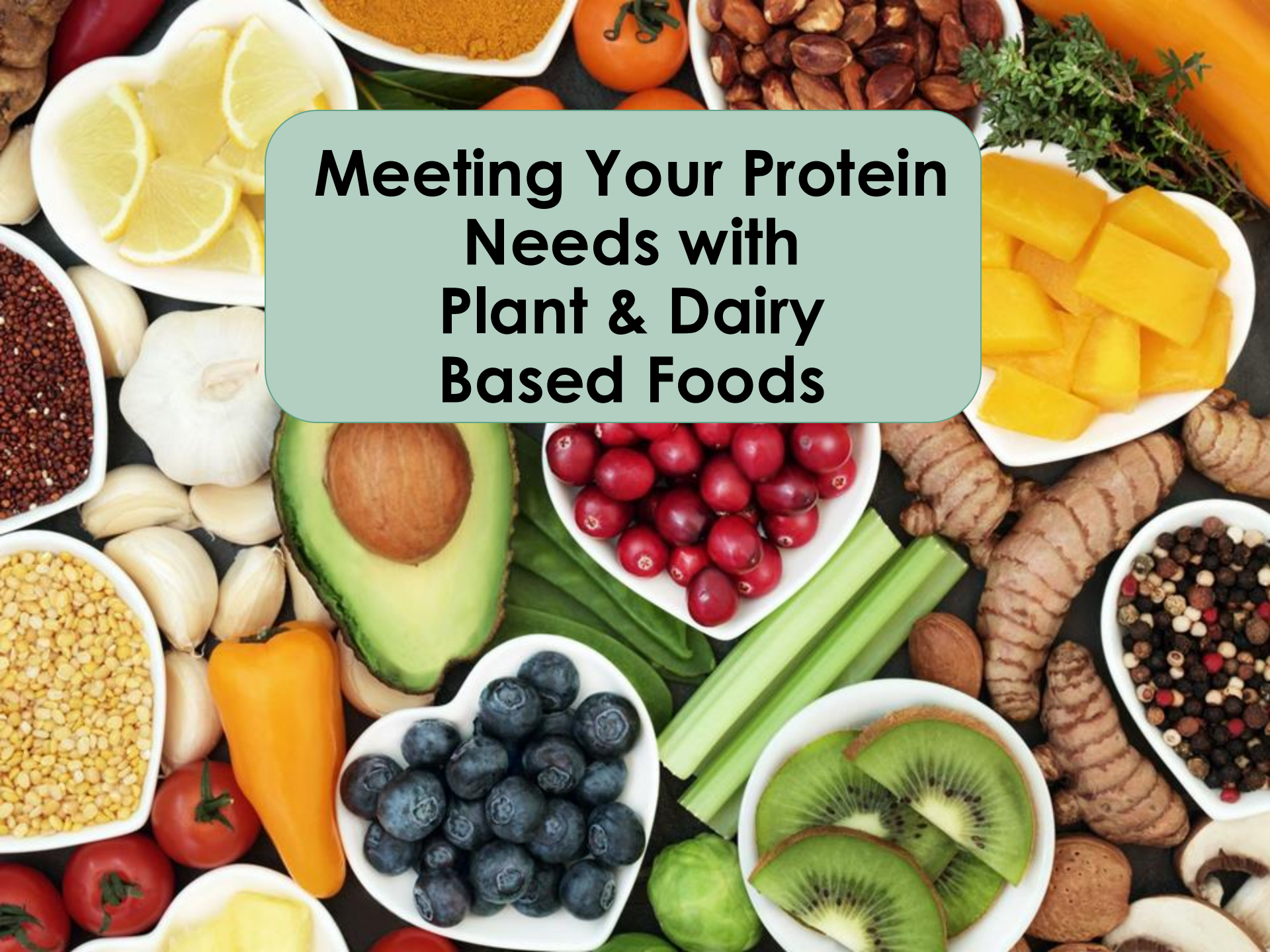


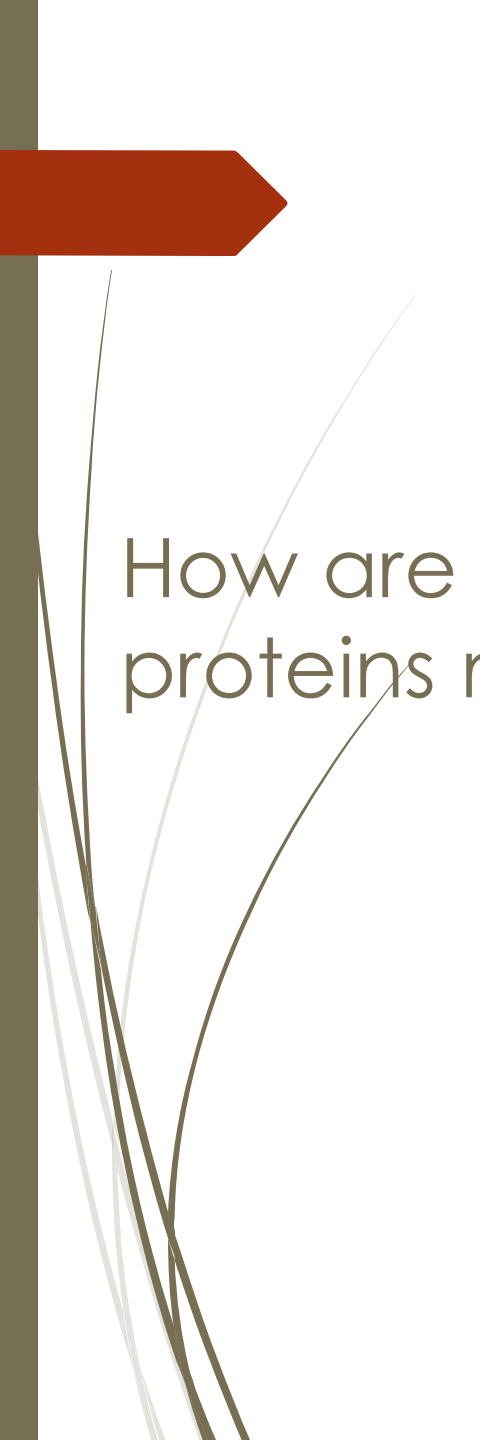
A vibrant collage of various plant-based and dairy foods. The image features a variety of items including lemons, almonds, quinoa, lentils, avocado, blueberries, kiwi, and ginger. The text is centered in a light green rounded rectangle.

Meeting Your Protein Needs with Plant & Dairy Based Foods



Why Protein Matters?

- **Our body is maintained by Nutrients**
 - Micro-nutrients
Vitamins, Minerals, anti oxidants
 - Macro nutrients
Carbohydrates, Fat and Proteins
- **Proteins are building blocks of life**
 - same as brick and mortar
 - has the highest position in the nutrients
 - Proteos = supreme
- **Our cells are undergoing continuous regeneration**
 - Continuous requirement
 - Cannot be stored
- **Protein regulate**
 - Enzymes (digest fats, metabolism)
 - Hormones (insulin, coordination)
 - Antibodies (immune system)
 - Hemoglobin (oxygen transport)



How are proteins made?

➤ Amino Acids

- 20 total amino acids
 - 9 essential must come from diet
 - Non-essential – synthesized internally by the body
 - Conditionally essential : Synthesized internally but not enough under physiological or pathological stress.
-
- All the 9 essential amino acids are present in animal meat **BUT** ...
 - Various Plant foods can combine to provide all essential amino acids

Animal Protein Drawbacks

- Animal proteins contain Sulphur
 - Pulls calcium & magnesium from bones for digestion
 - High risk for osteoporosis
- Linked to higher cancer risk
- Lacks fiber
 - Digestive issues
- Often contains hormones & antibiotics
 - Chicken farming

Overall cancer risk reductions among British adults compared with those who ate meat more than five times per week:

2%

Lower risk for those who consumed meat five times or less per week

10%

Lower risk for those who consumed fish but not meat

14%

Lower risk for those who consumed a vegetarian or vegan diet

Healio

Vegetarian sources of protein



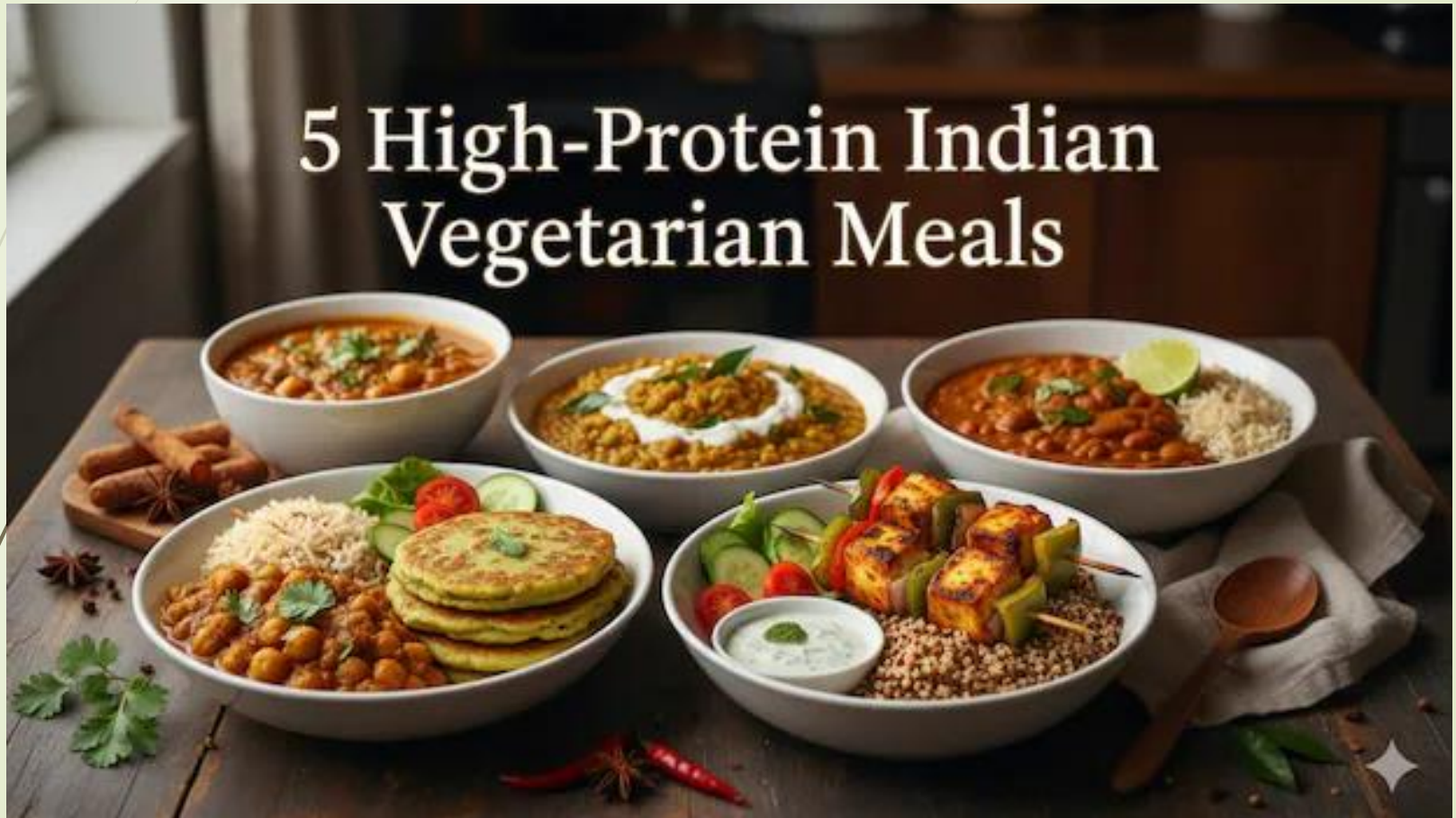
Incomplete

- Grains
- Legumes
- Nuts
- Seeds
- Vegetables

Complete

- Quinoa
- Soya (!)
- Buckwheat
- Hemp seeds
- Chia seeds
- Eggs
- Dairy products

Inspiration from Indian cuisine



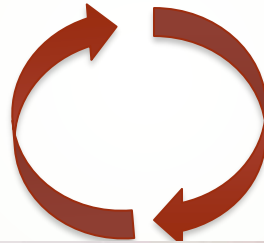
<https://food.ndtv.com/food-drinks/5-high-protein-indian-vegetarian-meals-under-500-calories-9509462>



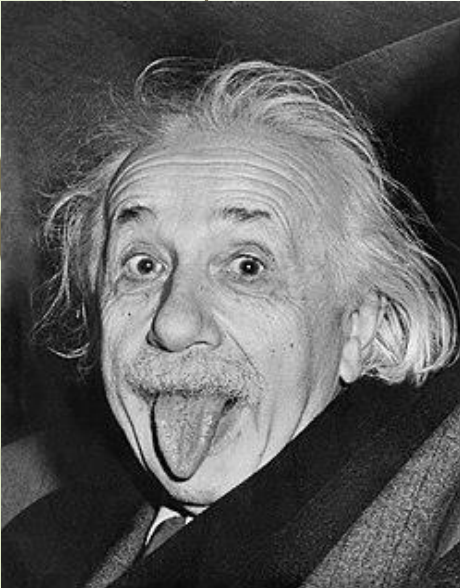
Daily Protein Needs

- **Adults:** 0.8 g per kg of body weight per day
Women require slightly less proteins than men due to lower muscle mass
- **Athletes / Active individuals:**
1.2–2.0 g/kg per day depending on training intensity and goals
- **Too little protein**
Can lead to Kwashiorkor disease
- **Too much protein**
May contribute to kidney strain in individuals

A Healthy vegetarian diet



Some famous vegetarian personalities



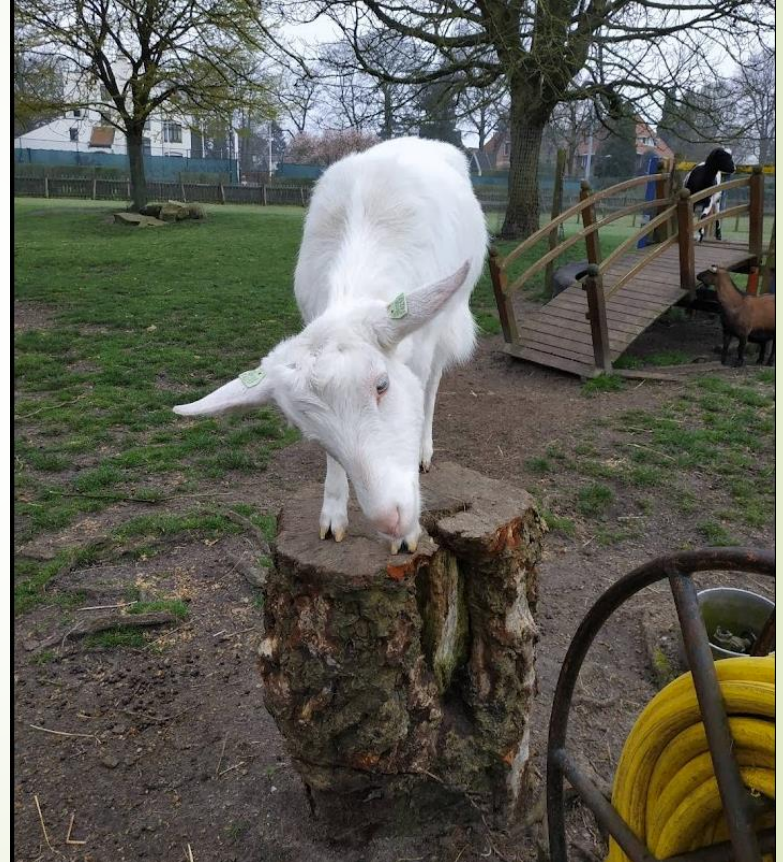
Vegetarian cooking Tips

- Soak lentils & beans for better digestion
 - Getting rid of phytates
- Ferment foods
 - Easier assimilation
- Sprouts can be eaten raw
 - Alfalfa
- Nuts & seeds
 - Bars, chutney, sweets
- Dairy products
 - Cottage cheese, Paneer
- Add protein to flour
 - Bread, Pizza dough?



Why Choose Vegetarian?

- Complete nutrition possible
- Variety is key
- Health benefits
- Sustainable & ethical
- Because animals are cute



Inspiration

