



At Integrative Nutrition we do not advocate a particular policy on protein consumption. We're committed to teaching all the options, and encourage you to experiment with what works for your body at this time in your life. This way you'll be able to successfully guide yourself to your appropriate protein source.

The Vegetarian Culture

Reasons people avoid meat	Animal welfare, genetic engineering, bovine growth hormone, antibiotics, Mad Cow Disease, environment, poor quality, taste, difficult to digest, health, weight gain, food-borne illness, toxic sludge, irradiation, infringes upon spirituality
Diet for a Small Planet	Pamphlet written by Frances Moore Lappé that became a best-selling book. Her theory on combining proteins began the 1960s health food revolution.
P.E.T.A.	People for the Ethical Treatment of Animals is an organization that strongly advocates for animal rights and is extremely dedicated to the vegan diet.
Junk-food vegetarians	A vegetarian diet is not necessarily a healthy diet. Those who avoid consuming animal products but have little or no education about cooking or how to eat a balanced diet, are called junk food vegetarians. Although French fries, cookies, soda and beer don't contain meat, they are not generally considered nutrient-rich foods.
PCRM	Physicians Committee for Responsible Medicine is a nonprofit organization that promotes preventive medicine with a vegan emphasis. PCRM conducts clinical research and encourages higher standards of ethics and effectiveness in research.

Vegan Sources of Protein

Grains	A staple in most civilizations around the world. While refined grains like white flour and white rice have had their bran and germ removed and are therefore stripped of naturally occurring vitamins, minerals, and fiber, whole grains such as rice, millet, quinoa, buckwheat and oats still contain these nutrient-rich components. Many people are sensitive to gluten, the protein found in wheat, barley, and rye.
Beans	Contain a more complete set of amino acids than other plant foods. When first introducing beans into the diet, choose fresh beans that are smaller in size such as split peas, mung and adzuki beans for easier digestion. Digestibility can be further improved by soaking beans overnight, adding spices or vinegar, skimming off cooking foam, pressure cooking or puréeing and eating small portions.
Soy	The most difficult beans to digest. Common forms of soybeans include edamame (baby soybeans), tofu (soybean curd), tempeh, miso, and tamari (fermented soybeans). Fermented soy is often the easiest form to digest. Today's trend to consume soy in various unnatural, highly processed ways like commercial soymilk, soy-meat and soy-ice cream, may not be a good idea. Also, many people are allergic to soy. Soybeans are one of the most genetically engineered crops, so it is important to choose organic whenever possible.
Soy milk	Not a whole food, but rather a highly processed food, unless it is homemade. Use only as a transitional food, if at all. It looks like milk, tastes like milk, and is often



Protein

fortified with the same nutrients as commercial milk. The same is true for other commercial milk substitutes such as almond or rice milk.

Nuts	Generally considered a fat, not a protein. Peanuts, which are actually legumes, are far higher in protein than any nuts. Nuts contain heart-healthy monounsaturated fats and antioxidants.
Protein bars	Vary in nutrient content and degree of processing. Many contain refined carbohydrates, highly processed protein isolates, chemicals, sugar and artificial sweeteners. Protein bars should not serve as meal replacements.
Protein powder	Check for high-quality ingredients. Not recommended in large amounts; eat whole, natural foods as much as possible.
Seitan	Also called "wheat-meat," seitan is a high-protein product made from wheat gluten. Not a whole food, but not overly-refined either - especially if homemade. (Because this product is pure gluten, this food is not for those with gluten-sensitivity.)
Leafy greens	Broccoli, spinach, kale, collard greens, bok choy, romaine lettuce, and watercress all contain varying amounts of protein. Leafy greens are often associated with longevity, because they contain major sources of magnesium, iron and calcium. They are also with a rich source of Quercetin, a bioflavonoid with antioxidant, anti-inflammatory and cancer fighting properties. Green leafy vegetables are dense with easily-assimilated amino acids as well as other life-extending nutrients.

The Non-Vegetarian Culture

History	For centuries, many cultures have been eating animal protein: Eskimos, Native Americans, Africans, Europeans, Chinese, Tibetans.
Personal choice	Respect your body's needs. Many people do better on a diet containing animal protein. Determine the amount your body needs by paying attention to how you feel. Some people feel more grounded, strong-minded and focused by including meat or other animal products in their diets.
Problems	Potential concerns surrounding the manufacture and consumption of animal products include antibiotics, factory farming, animal cruelty, cloning, irradiation, toxic sludge, E. coli bacteria, mad cow disease, genetic engineering, bovine growth hormone, cancer, heart disease, obesity and constipation.
Quality	Regardless of personal preference, it is important to choose high-quality, organic, free-range, grass-fed forms of animal protein whenever possible. The health of the animal affects the health of the consumer.
Quantity	Generally, animal protein portions should be limited to the size of the palm of your hand or smaller.
Digestion	To help digest animal protein, eat plenty of vegetables with your meal.
Energy type	Many scientific researchers believe a protein is a protein is a protein, whether from dry beans, chicken or a hamburger. But many find that different protein sources have different effects on an energetic level. Pay closer attention to see if you notice the difference. (Suggested reading: <i>Energetics of Food</i> by Steve Gagné.)



Animal Protein Sources

Meat	Chicken, turkey, duck, lamb, beef, buffalo, ostrich, and others. Try different types to discover what works best with your body.
Egg	Quick, practical, inexpensive protein source. When eating eggs, try to have one, not two or three. Eat the whole egg to get the total energy of the egg, as opposed to just the egg white.
Fish	Fish farming is a huge industry: red fish, white fish, canned fish, smoked fish. Beware of mercury poisoning, over-fishing, genetic engineering and added chemicals. Choose wild fish whenever possible.
Dairy	Many people have negative reactions to cows' milk. Try other dairy foods like buttermilk, yogurt, butter or ghee. Or try other animal species like goat and sheep. Buy organic to avoid bovine growth hormone and antibiotics. Unpasteurized, raw milk is available in many areas.
Bees	Protein from bee pollen and royal jelly digests easily and has many other nutrients. Good for vegetarian types who avoid consuming animal flesh.