

How to achieve your protein requirements on a vegetarian/vegan diet

My minimum protein requirement is _____ grams per day

NB. Not all plant-based foods contain all of the essential amino acids needed and hence having a variety of protein sources spread throughout the day is ideal.

20 – 30g per meal and 5 – 10g per snack is a good aim.

Food	Serve	Protein per serve
peanuts	30g	8g
Almonds	30g	6g
Mixed nuts	30g	7g
Nut butter	1 tablespoon	5g
chickpeas	½ cup	7.5g
Kidney beans /soy beans	½ cup	5g
lentils	½ cup	9g
Edamame beans	½ cup	8.5g
tofu	½ cup	10g
Nut meat	1 slice (40g)	11g
TVP	¼ cup (25g)	13g
Quorn	35g	5.5g
Tempah	½ cup	15g
Plant meals and burgers	½ burger	3 – 7g
Green pea	½ cup	4.5g
oats	½ cup (raw weight)	6g
Spelt	½ cup	5g
High protein bread	Aldi 1 slice	12g
High protein bread	Herman Brot™ 1 slice	12g
High protein bread	Burgen™ 1 slice	5g
potato	1 large	8g
quinoa	½ cup	4g
Soy milk (fortified)	1 cup	8g
Soy yoghurt	200g	7g
Hemp seeds	1 tablespoon	5g
Chia / sunflower seeds	1 tablespoon	2g
tahini	1 tablespoon	5g
Nutritional yeast	1 tablespoon	4g
Nutritional yeast	30g	14g
Hummus	¼ cup	3g

NB please note that almond, coconut, rice and oat milks do not contain any significant protein content with only 0 – 3g per glass (250mls)

Cow's milk	1 cup (250mls)	9g
Hard cheese	1 slice	5.5g
Ricotta cheese	¼ cup (60g)	5.5g
High protein Cottage cheese (eg Bulla™)	100g	11g
egg	1 egg	6g

Pre -surgery very low-calorie diet (VLCD)

If you are following a vegan diet, there is no plant based VLCD available hence it is recommended that you have 2 plant-based shake meal replacements + one meal each day. These shakes can be fortified with pea, hemp or brown rice protein to top up to 30g protein per shake.

NB. Your specific requirements will be discussed with you at your pre-operative consultation with the dietitian.

	Isowhey plant based™	Lady shake vegan™	Protein world The Vegan blend™	Garden of life – raw organic meal replacement™	Celebrity slim dairy + gluten free™
Energy (kJ's)	857 (made with water) 1100kg (made with 350ml almond milk)	853 (made with water)	610 (made with water) 873 (made with 400ml almond milk)	504	934 (if made with soy milk)
Protein (g)	18.6/20.7	30.2	24/25.9	20	19.2
Carbohydrate (g)	5.4	2.5	9.8	8	24.5
Sugars (g)	2.5	0.7	0.7	1	8.4
Protein source	Pea, hemp, brown rice	pea, hemp, brown rice	Pea, hemp, quinoa	Sprouted pea, brown rice, quinoa, flax seed	soy
Purchase	Chemist warehouse	Terry White pharmacies + some IGA's, https://shop.theladyshake.com.au/the-vegan-lady-shake	Chemist warehouse	https://www.gardenoflife.net.au/dietary-requirements/vegan.list	https://www.celebrityslim.com.au/.../dairy-gluten-free-shakes