

W.O.W.

WAC ON WELLNESS

OCTOBER IS NATIONAL VEGETARIAN AWARENESS MONTH

- Although eating enough protein is not difficult for most American's, it can be a bit more challenging for those following a vegetarian or vegan lifestyle
- Vegetarian diets are based on; grains, vegetables, fruits, legumes, seeds and nuts
- Consuming adequate protein is a vital component to the structure and function of our cells, as well as, repairing damaged tissue
- The amount of protein you need to eat is dependent on your body weight. For the general population to maintain weight you need to consume; 0.8g/kg body weight or 0.36g/lb of body weight (10-15% of our total calorie needs)
- By eating a varied diet you will not only eat enough protein but also receive plenty of vitamins and minerals, making supplementation unnecessary
- Listed below are sources of vegetarian protein and how many grams of protein are found in a serving size to make navigating the vegetarian diet easier



BY SAMANTHA BAUER
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FOOD	GRAMS OF PROTEIN
Almonds: ¼ cup	8g
Black Beans, cooked: 1 cup	15g
Broccoli, cooked: 1 cup	4g
Cashews: ¼ cup	5g
Chickpeas, cooked: 1 cup	15g
Kidney Beans, cooked: 1 cup	15g
Lentils, cooked: 1 cup	18g
Peanut Butter, 2 tbsp	8g
Pinto Beans, cooked: 1 cup	15g
Quinoa, cooked: 1 cup	8g
Spinach, cooked: 1 cup	5g
Tofu: 4oz	10g
Whole Wheat Bread: 2 slices	7g
Veggie Burger: 1 patty	13g



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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