

MOVEMENT

PLANT BASED PROTEIN & EXERCISE

Did you know plant-based proteins are just as effective as animal proteins in their ability to support muscle building and exercise recovery? Here are some facts you may not know about why protein is needed for exercise and how plant-based protein can meet those needs.

WHAT IS PROTEIN?

Protein is one of the three macronutrients and it primarily plays the role of muscle synthesis.

WHY DO WE NEED PROTEIN IF WE ARE PHYSICALLY ACTIVE?

During physical activity, muscle tissue goes through a restructuring process that involves some muscle break down. Adequate protein intake helps rebuild and recover.

ARE PLANT-BASED PROTEINS AS ADEQUATE AS ANIMAL BASED?

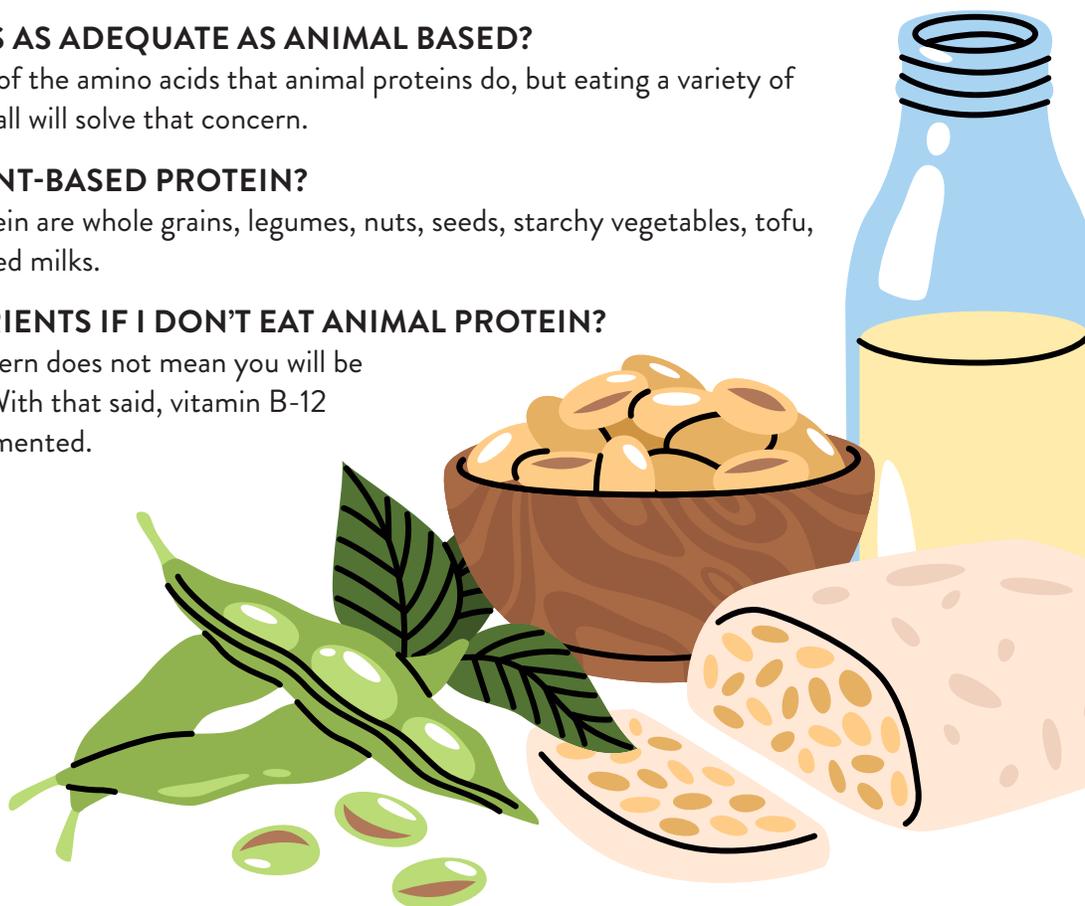
Yes! Plant proteins don't provide all of the amino acids that animal proteins do, but eating a variety of plant proteins and a little more overall will solve that concern.

WHAT ARE SOURCES OF PLANT-BASED PROTEIN?

Some examples of plant-based protein are whole grains, legumes, nuts, seeds, starchy vegetables, tofu, seitan, tempeh, and some plant-based milks.

WILL I BE MISSING ANY NUTRIENTS IF I DON'T EAT ANIMAL PROTEIN?

Following a plant-based dietary pattern does not mean you will be deficient in any vitamins/minerals. With that said, vitamin B-12 may have to be checked and supplemented.



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