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Protein Playbook

Why plant-based?

Americans have the second-highest rate of meat consumption in the world, eating over 300 pounds per year. In contrast, only 7% of American adults are getting enough fiber in their diets, a nutrient found only in plant foods that lowers the risk of diabetes, heart disease, and some types of cancers, while helping to maintain healthy digestion and weight. Recent studies have shown that swapping out some animal-based protein for plant-based protein can extend life expectancy and lower healthcare costs, while cutting carbon footprints.

How much protein?

In recent years, pop culture has fixated on protein, with the average American now eating over 100 grams of protein daily. However, according to dietary guidelines, the average person only needs 0.8 grams per kilogram of body weight, about 50-65 grams of protein. For an active adult, about 10% of daily calories should come from protein. Athletes, professionals with physically demanding jobs, elderly people, and many hospitalized patients have higher protein needs of 1 to 1.2 grams per kilogram of body weight, about 65-100 grams of protein, depending on weight and other factors.





Top tips



Build entrées around protein

Ensure that entrees feature a source of protein, rather than just roasted vegetables. Beans, lentils, tofu/tempeh, seitan, nuts, whole grains, and plantbased meats are all packed with protein. View video tutorials on preparing different plant-based proteins.



Boost sauces with protein

Pack sauces with high protein ingredients like nuts, seeds, and nutritional yeast. Try a recipe like <u>Sweet</u> Potato Cashew Mac & Cheese, with 19 g of serving thanks to cashews and nutritional yeast in the sauce.

What is nutritional yeast?



Affectionately known as "nooch," nutritional yeast is closely related to brewer's yeast and baker's yeast, but it is deactivated and dried. It has a rich, cheesy, umami flavor and all nine essential amino acids. Just 2 tbsp of nutritional yeast have 5 g of protein, 40 calories, and an abundance of B vitamins. Click here to read more about nutritional yeast.



Top salads and bowls with protein

Enrich salads and bowls by topping them with legumes, nuts, and/or seeds.



Adjust your serving sizes

Plant-based foods are often less calorieand fat-dense than animal-based foods,

so they should be served in bigger portions. For example, replace a 2-oz portion of meat with a 4-oz portion of beans (½ cup), which contains about 8 g of protein. To replace larger amounts of meat or to further increase a meal's protein content, serve ¾ - 1 cup of cooked legumes. Legumes are less expensive and should not affect your food costs.



Leverage sides for protein power

Utilize side dishes to increase the protein content of the whole meal, rather than relying solely on the entree.

Rather than cabbage slaw (1 g protein), serve **Black Bean & Corn Salad (6 g).**

Rather than tomato soup (2 g protein), serve **Sweet Potato & Black Bean Chili (9 g).**



Enrich sauces and soups

Add hemp seeds to sauces and soups.



Power up breakfasts

Top breakfast items like oatmeal, yogurt parfaits, and acai bowls with hemp hearts, chia seeds, and/or other nuts and seeds.

Just 3 tbsp of hemp seeds have 10 g of protein!



Sneak protein into baked goods

Add ground flax seeds to baked goods for a big protein boost.



Create proteinpacked specials

Add plant-based vanilla protein powder to pancakes, waffles, and smoothies. The dishes can then be advertised as "Protein Pancakes" or "Power Waffles."



Use high-protein grains in bases

Add more protein power to salads or bowls with high-protein grains like quinoa, farro, or barley.



Blend protein into smoothies + puddings

Blend soymilk, silken tofu, nut/seed butters, chia seeds, and/or hemp hearts into smoothies and puddings.



Choose higher-protein varieties

Pump up the protein content by using versions of foods that are higher in protein:

Regular tofu

8g

Per 3-oz serving

High-protein tofu

15g

Per 3-oz serving

Whole wheat pasta

7.5g

Per cup

Chickpea pasta

16g



Kidney beans

7g

Per ½ cup

Tepary beans

23g

Per ½ cup







FORWARD FOOD's

Top 25 recipes

Forward Food offers a <u>range of recipes</u> specifically scaled for institutional foodservice, each of which offer at least 20 g protein per serving:

- White Bean Alfredo (32.7 g)
- Savory Sweet Potato Skins (20.3 g)
- Tandoori Sweet Potato and Black Bean Falafel Bowl (29 g)
- Pasta with White Bean Meatballs and Spring Vegetables (31 g)
- <u>Mushroom Lentil Bahn Mi Burger</u> (21 g)
- Spicy Korean Tofu Taquitos (25 g)
- Cuban Black Bean Fritters Rice Bowl (23 g)
- Tofu Sofritas Burrito Bowl (47 g)
- Grilled Tofu Gyros (25 g)
- General Tso's Tofu (29 g)
- Buffalo Chickpea Wrap (21 g)
- Black Bean & Sundried Tomato Pasta (33 g)
- Black Bean Teriyaki Burger (37 g)
- White Bean Tikka Masala Bowl (26 g)
- Smoky BBQ Tri-tip Tofu Hoagie (20 g)
- Lentil Crumble Asian Lettuce Wraps (20 g)
- Asian Tofu Lentil Noodle Bowl (30 g)
- Red Bean Swedish Meatballs (22 g)
- Sticky Sesame Tempeh (37 g)
- Thai Tempeh Fried Rice (37 g)
- Curry Fried Rice with Red Lentil Fritters (20 g)
- Mushroom White Bean Meatball Fettucine (25 g)
- Chorizo Tofu Enchiladas (23 g)
- Country Fried Tofu Biscuits & Gravy (22 g)
- Country Fried Tofu Sandwich (20 g)



Put your best food forward





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