

# What's the truth about protein?



That's a question I come up against constantly in my practice. I speak with mothers concerned as to whether their toddler will get enough protein after they wean from breast milk. I speak with parents of growing adolescents who wonder if plant-based eating will support the rapid growth of their soon-to-be teenager. And with adults who push their body hard all day and fear their lack of energy is due to not enough protein consumption.

There is a lot of information out there and it can be difficult to decipher what is just good marketing from what is actually factual. I recently dug deep into this topic as I prepared for my new book, *Building Immunity In Babies & Young Children* and believe I came up with some very sound information. I discovered two resources I would recommend that you take a look at as well:

*Becoming Vegan, Express Edition* by Brenda Davis RD and Vesanto Melina, MS RD is an exceptional resource. Don't let that name scare you away. It has a wealth of information for meat and plant eaters alike.

*Which Type of Protein Is Better for Our Kidneys* **by** Michael Greger, MD. In six minutes you can learn which proteins support kidney health based on the most up to date research.

Once on Dr. Greger's site you may even find some other videos of interest as well.



Here are three take-aways that I think will intrigue you:

1. Plant-based eaters need to aim at consuming .8 grams of protein per 1 kilo of weight or 2.2 lbs. So, for a 135 lb adult, that's roughly 55 grams per day. I've shared some suggestions of what might make up that daily amount below. For non-breastfeeding toddlers 2-4 years of age, a slightly higher ratio is required and the need is about 19 grams a day. Breastfeeding babies and toddlers receive all the protein they need from mother's milk.
2. Protein quality is not all alike and depends on the amino acid content. There are 9 essential amino acids that can only be gotten from our diet and they all can be found in plant foods as well as animal products.
3. While all protein is a challenge for our kidneys to manage, plant protein is by far the easiest on this all important filtering organ.

So what are good plant sources of protein? Here's a handy chart that might help put your mind at ease.

Lentils (cooked)	1 cup	18g
Beans (cooked)	1 cup	15g (approximately)
Green peas	1 cup	8g

Spinach (cooked)	$\frac{1}{2}$ cup	3g
Avocado	$\frac{1}{2}$ avocado	2g
Broccoli (cooked)	$\frac{1}{2}$ cup	2g
White potato	1 medium	4g
Hemp	3 tablespoons	10g (approximately)
Chia	2 tablespoons	4g
Seeds: pumpkin, sunflower, sesame	$\frac{1}{4}$ cup	7-9g
Quinoa (cooked)	$\frac{1}{2}$ cup	7-9g
Wild rice (cooked)	1 cup	6.5g
Nuts: almonds, cashews, brazil, walnuts (raw)	$\frac{1}{4}$ cup	7-9g

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## Summer Salads: Planning One Week At A Time

A raw salad every day, whether it be for lunch or before your evening meal, is an excellent way to increase your veggie intake, alkalize your body, support healthy digestion, and promote optimal elimination. Who knew a salad could be so helpful, right?



While a salad a day sounds good on paper, having what you need on hand for 7 full days can be daunting. The first challenge I faced when our home committed to eating a daily raw veggie salad was stocking up on enough produce to keep it going for a full week. It was a struggle seeing that all of the produce remained fresh and appealing through a whole stretch.

Because I dislike wilted salads about as much as I dislike an extra trip to the grocery store, I've found a plan that works. I begin the week using my freshly bought tender greens and move on to romaine which has a longer shelf life. Kale is a great keeper if you store it properly. When time permits, I'll strip the leaves right after purchase and store them in an airtight container where they will keep fresh for 3-5 days. Broccoli and cabbages will last for 5-7 days, making for some hearty and crunchy salads to wrap up your week.



Here's a shopping list to get you started and some tips on how to turn it into a week's worth of salads.

To say the Hubele household is “*big on salads*” is an understatement, so please adjust the amounts below accordingly.

- 2 heads of green or red leaf lettuce
- Basket of cherry tomatoes
- 1 large cucumber
- Your choice of raw nuts or seeds to toast
- 1-2 heads of romaine
- 2-3 bunches of kale
- 2-3 medium heads of broccoli
- 10 carrots
- 1 kohlrabi
- Small red cabbage
- Small green cabbage

**Days One & Two:** Tossed Green Salad with Cherry Tomatoes, Cucumber Slices, Grated Carrots, and Chopped Nuts or Seeds

*\* A tossed salad can be anything but traditional by dressing it up with one of these yummy options.*

**Day Three:** Chopped Romaine Salad

*\* Making a chopped romaine salad really doesn't require a recipe, but if you feel like something special, consider this vegan caesar which will require you to buy an extra bunch of kale. In that case, go ahead and prep tomorrow night's kale while you're at it and it's a win-win!*

**Day Four:** Kale Salad

*\* While good kale salad recipes are plentiful, this one is especially worth a try.*

**Day Five:** Broccoli Salad

*\* I happen to be partial to this crunchy Asian inspired recipe.*

**Day Six and Seven:** Mixed Veggie Slaw

*\* While a good slaw is delicious fresh, I tend to prefer it the second day. With the use of a food processor, you'll make*

*a giant bowlful in no time. Get started with this Detox Slaw.*

*Here's to happy, healthy eating!*

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## **Eggplant, Potatoes, Tomatoes & More!**



Last week, I gave my family members a sincere promise that I would move on from my Indian food obsession and so, with some reluctance, I have. Now that June is rolling in and Texas produce is hitting its peak, I welcome back some old friends in the forms of shiny purple eggplants, first of the season tomatoes, and gorgeous new potatoes. With such perfect examples of summer vegetables, who else could I turn to but Yotam Ottolenghi for guidance. Right there in *Plenty More*, I came across exactly the recipe to honor these first summer arrivals. Originally billed as a brunch dish, I think it works equally well in the evening, served after a crispy salad of romaine.

## Ingredients

4 medium tomatoes, peeled and cut into a 1cm dice  
½ small red onion, peeled and finely chopped  
1 Tbl white wine vinegar  
½ cup parsley, chopped  
1½ Tbl Sriracha (or other hot savory chilli sauce)  
Salt and black pepper  
2 medium eggplants, cut into 1-1 1/2 inch chunks  
1 cup olive oil  
1 cup sunflower oil  
1.5 lbs Yukon gold potatoes (or fingerling), peeled and cut into 1/2 inch thick slices  
½ cup tahini paste  
2½ Tbl lemon juice  
1 small garlic clove, peeled and crushed  
6 eggs (optional)  
1 tsp sumac  
1 Tbl coriander, chopped

## Full Directions Here

While the first round of veggies simmer, I page longingly through both Jerusalem and Plenty More, tagging pages to refer back to for inspiration. By the end, it looks as if I've selected enough recipes to keep me busy for another week or two, probably just long enough to break my addiction to Indian food and not too long that I must drag the heavy volumes along for my July travels to Germany.

And so today, a single day after, one lonely portion awaits the first family member who wisely begins an early search for a midday meal. I can only imagine, since it won't be me, that the lucky recipient will find it even more tasty than last night as the flavors all have had just enough time to blend. As for me, I'm already looking ahead at the recipe line up for next weekend.

Happy cooking!