

Protein Myths

by Delisa Renideo

Americans have a love affair with protein that is based upon several myths:

Myth 1. In terms of protein, more is always better. First of all, after meeting our body's protein needs, excess protein provides no benefit and can actually cause harm. Our body does not store protein, so excess protein is either excreted in our urine (carrying calcium from our bones with it) or is converted to fat and stored.

Myth 2. You must eat animal products to get adequate protein. Plants all contain protein, and if we eat adequate calories, it is impossible to be deficient in protein. A mixed diet of vegetables, fruits, grains, nuts, and legumes provides an average of 100 grams of protein per 2000 calories. The government recommendation is about 54 grams of protein per day for a 150 lb. person.

Myth 3. For a plant-based diet to provide adequate protein, you must carefully combine certain foods, such as eating rice with beans, or you will be eating "incomplete protein."

The myth that we need to combine plants in certain ways has been debunked many years ago, but it continues to be spread in many circles. In 1952, William Rose completed research that determined the human requirements for all amino acids (the building blocks of proteins.) He determined that any single plant food or any combination of plants provides more than enough of all the essential amino acids.

For a summary of this info, visit: www.all-creatures.org/health/abrief-dr.html

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