



the
VEGAN RESET

**WEEK ONE: NUTRITION
DAY FOUR:
DEFICIENCIES & SUPPLEMENTS
PT.1 PROTEIN**



DEFICIENCIES & SUPPLEMENTS

75% of the protein circulating in our body is made by our bodies. So yay! 25% is from the food we eat. Protein is a string of 20 amino acids. When we ingest protein (aka a string of 20 amino acids) our protease enzymes break them down into their separate amino acids for use. Breaking down “complete proteins” takes a nice amount of energy; it becomes more energy efficient to eat foods with several amino acids as opposed to complete proteins. Luckily the vast majority of fruits, vegetables, roots, grains, seeds, and nuts are chock full of amino acids (in lieu of complete protein) and thus your body has more energy for other bodily functions instead digesting full protein chain.

Protein deficiency is virtually impossible except in dire situations; it seems to only appear in people who are starving or in those that have eating disorders such as bulimia or anorexia. As long as you are eating food with enough calories, no matter what the food is, you will never have a protein deficiency. According to the World Health Organization the percentage of protein intake suggested falls between 5% - 15% of macronutrients, with 15% being advised for growing children and pregnant women. Even the USDA recommends 10% of caloric intake come from protein but not more.

DEFICIENCIES & SUPPLEMENTS

Additionally, the quality of the protein in animal products is not so easily digested and assimilated for metabolic functions! Protein from flesh is usually cooked. When you cook a protein chain over 275 degrees Fahrenheit, it deranges that protein chain, rendering it unusable!

This means:

Fried Chicken - or anything else that's deep fried

Grilled Steak - or anything else that's cooked on a grill like hamburgers

Seared Tenderloin

Barbecued Ribs

Fried or Scrambled Eggs

Etc.

This is precisely the reason why Vegans, on average, have higher blood amino acid profiles than those on an omnivorous diet. Most plant foods are cooked in or with water (steamed or boiled) which is no higher than 212 degrees Fahrenheit, or raw.

Examples:

Rice

Steamed veggies

Boiled potatoes/sweet potatoes/squashes

Oatmeal and other hot grain cereals

Beans/Legumes

Raw fruits and vegetables like Salads, smoothies, and smoothie bowls

Lastly, what we'd love to impart is that it is very easy to get the protein you need from a vegan diet, so don't worry about getting enough =)