

Powered by Protein

Why we need protein and where to find it

What is protein?

Protein is a building block of the body that is found in virtually every cell.

It's made up of a connected string of amino acids.



Why is it important to eat protein?

Our body can make some amino acids, but not all. Foods with protein contain some or all of the nine amino acids that are essential to humans. Eating an adequate amount of protein ensures that we are getting a sufficient supply of amino acids.

Benefits of protein

Strength & Recovery

Muscles become damaged during exercise and need to recover. The body uses protein to repair and build muscles which helps you develop strength overtime.¹

Satisfaction

Compared to carbs and fat, protein provides the greatest feeling of physical fullness, or satiety, after eating.¹

Immune Health

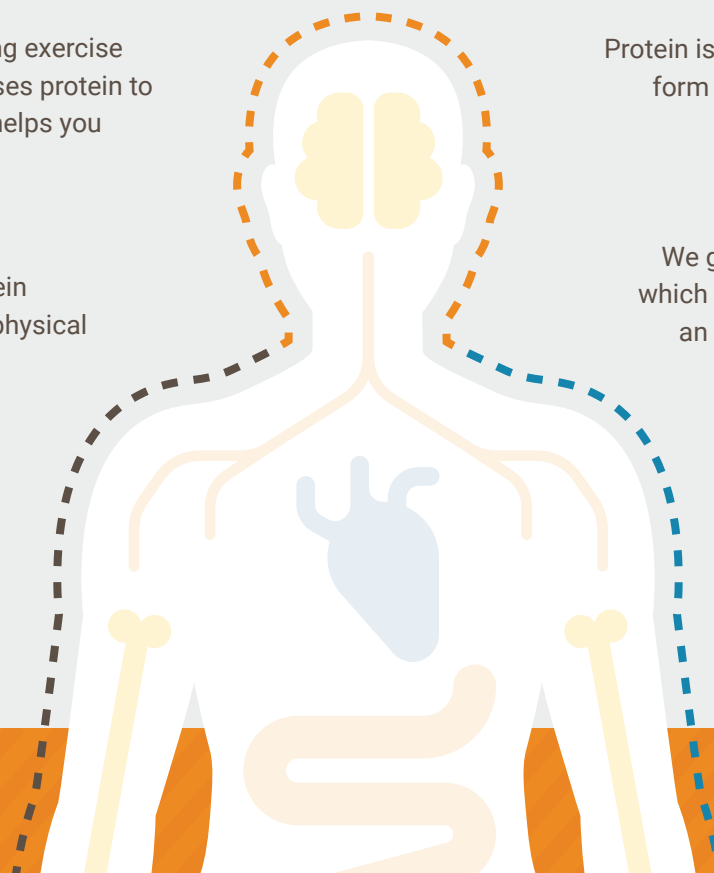
Protein is an essential part of the immune system -- it helps to create cells needed to fight infections.^{1,2}

Growth & Development

Protein is used for structural purposes to form skin, bone, teeth, blood vessels, hair, nails and more.^{1,2}

Healthy Aging

We gradually lose muscle as we age, which can impact quality of life. Eating an adequate amount of protein can help maintain muscle mass and strength.³



How much protein is needed?

10%

35%

of total daily calories should come from protein.⁴

Protein needs vary from person to person based on things like activity level.

If you eat 2,000 calories/day, that breaks down to 200-700 calories from protein, or 50-175 grams of protein.

Consult a doctor or registered dietitian to determine your individual nutrient needs.

Why soy protein?

If you're looking to enjoy more plant-based protein, soy is a versatile, high-quality option.

Whether you choose to get protein from animal foods, plant-based foods, or both, depends on your personal preferences and needs.

Soy is the only plant protein that is comparable in quality to animal-based protein. Soy's protein quality is on-par with milk, eggs and meat.⁵

It provides all of the nine essential amino acids, in the amounts needed by the body, making it a complete protein.⁵

Soy protein carries the FDA heart health claim. The incorporation of soy protein in the diet may support heart health.⁶

Top sources of protein:^{7*}

*Approximate grams of protein



½ cup edamame
7-9g



1 plant-based burger made with soy
11-19g



1 soy protein bar
10-30g



1 large egg
6g



¾ cup plain Greek yogurt
14-18g



½ cup cooked beans
6-7g



3oz tempeh
18g



3oz beef
21-25g



2 tbsp soy protein powder
20-25g

1. Wardlaw, G.M. & Hampf, J.S. (2007). Perspectives in Nutrition, 7th edition. McGraw Hill.
2. Institute of Medicine. 2006. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.
3. Office of Disease Prevention and Health Promotion. US Department of Health and Human Services. Nutrition as We Age: Healthy Eating with the Dietary Guidelines. <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
5. Hughes GJ, Ryan DJ, Mukherjee R, Schasteen CS. "Protein Digestibility-Corrected Amino Acid Scores (PDCAAS) for Soy Protein Isolates and Concentrate: Criteria for Evaluation." Journal of Agriculture and Food Chemistry. 2011 December 14;59(23):12707-12. <https://www.ncbi.nlm.nih.gov/pubmed/22017752>.
6. U.S. Food and Drug Administration. "Health Claims: Soy Protein and Risk of Coronary Heart Disease." <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.82>. April 1, 2018
7. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central (2023). Available at: fdc.nal.usda.gov