



David Fairlamb THE FIT FACTOR

FITNESS TIP

Research shows plant-based protein may be better for performance, maybe its time to try something new and see how you feel.

LIFESTYLE CHANGE

Adding protein to your diet and reducing carbs can be hugely positive in reducing body fat, why not try some plant protein such as pulses and tofu to your shopping list.

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VEGANISM is a practice where you refrain from eating meat and animal-based products.

Veganism and vegetarianism are often used interchangeably, but the truth is that there's a great deal of difference between the two.

In veganism, you also steer clear of dairy products. It is commonly believed that vegans find it hard to find ample protein sources for consumption. The absence of meat and dairy may limit their choices but research now shows plants are arguably the best source of protein and plant-based diets might even be better for peak performance.

While no one diet is right for everyone, experts agree that plants can be a great source of protein, even for serious athletes.

Here are some of the best protein rich plant foods:

PULSES

Pulses are a plant based food group that includes beans such as chickpeas and lentils. Some of the top protein-packed legumes include lentils, split peas, kidney beans and black beans

Pulses are also high in fiber, which is

essential for healthy digestion.

TOFU

Tofu comes from soya beans. Soy protein is said to be one of the top quality sources of protein and are a versatile substitute for many meats.

100 grams of tofu contains 17.3 grams of protein. This is comparable to ground beef which has 19 grams per 100 grams.

It is also good to add to your diet anyway as it is rich in B vitamins and potassium to name a few.

GRAINS

Grains like quinoa and spelt provide a surprising amount of protein. Whole grains and grain like seeds like quinoa are naturally high in protein. Some of the top nutritious grains also include

wild rice and couscous. Whole-wheat pasta can also be a good source of protein.

OATS

Oats are a standout whole grain for protein as well as fibre and other nutrients. Oats – even among other high-protein grains – stand out. They also have a wide variety of health benefits like lowering blood sugar and reducing the risk of heart disease. They also come complete with an array of vitamins and antioxidants and fibre. Compounds in oats also have anti-inflammatory benefits.

SEEDS AND NUTS

Seeds and nuts provide healthy fat in addition to protein, they are also full of fibre and vitamins. High protein varieties include hemp seeds, pumpkin seeds, almonds, flax and chia seeds

Nuts and seeds are also a major sources of healthy fats, linked to lower bad cholesterol and better heart health. These include omega-3 fatty acids, often found in fish, but are available in vegan form in walnuts, chia, and flax seeds.

*Life begins at the
end of your comfort
zone*

**Motivational quote
of the day**



> Seeds and nuts provide healthy fats as well as protein, fibre and vitamins