

What are the differences between plant-based and animal-based protein sources?



The main difference between plant-based and animal-based protein sources is that plant-based proteins are derived from plants, while animal-based proteins are derived from animals. Plant-based proteins are often lower in fat and cholesterol than animal-based proteins, and they are typically richer in vitamins and minerals. Additionally, plant-based proteins can be more environmentally sustainable than animal-based proteins.

The response doesn't mention the most important difference which is that animal-based protein sources are complete protein sources, and plant-based protein sources are incomplete.

