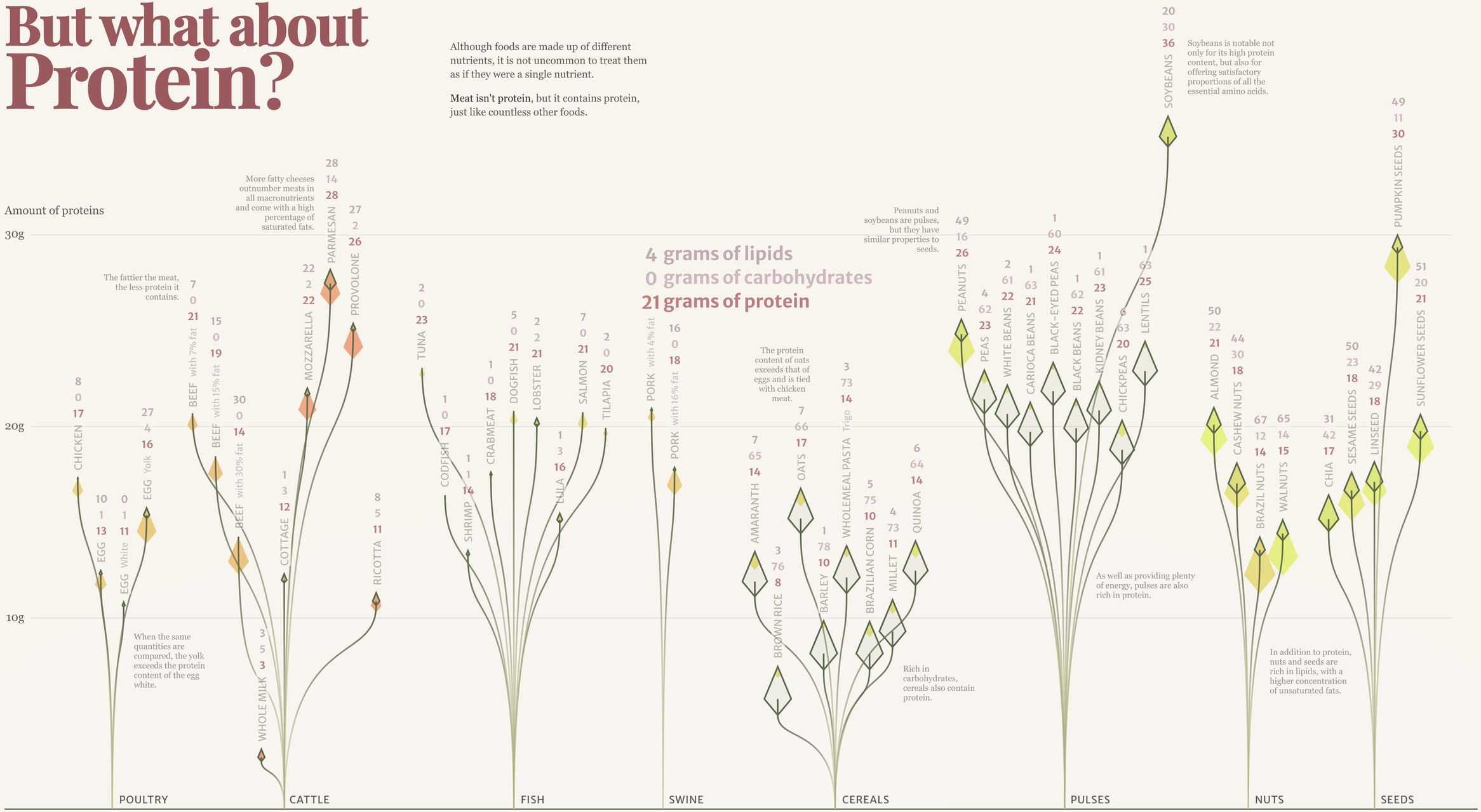
But what about Protein?

Although foods are made up of different nutrients, it is not uncommon to treat them as if they were a single nutrient.

Meat isn't protein, but it contains protein, just like countless other foods.



HEIGHT
Amount of proteins

OUTLINED LEAF SIZE
Amount of carbohydrates

FILLED LEAF SIZE
Amount of lipids

FILLED LEAF COLOR
Composition of lipids

Saturated fat
Reddish tones indicate a higher percentage of saturated fats in lipids.

Unsaturated fat
Greenish tones indicate a higher percentage of unsaturated fats in lipids.

Considering 100g portions of raw food, the graph shows the amount of macronutrients - **proteins**, **carbohydrates** and **lipids** - in grams (g) and the **composition of lipids** in terms of percentages of saturated and unsaturated fats.

When consumed in excess, saturated fats increase the risk of cardiovascular disease.

"But what about protein?" is perhaps one of the most frequently asked questions to vegetarians. The doubt arises from the simple view - surrounded by problems - that meat and eggs are the main source of protein available.

This limited view hides substances that are harmful to human health in animal-sourced foods, hinders conscious and informed food choices and is unfair to the plant kingdom, which contains many protein-rich foods and is responsible for synthesising essential amino acids.

O corpo humano possui dezenas de milhares de proteínas e cada uma delas se configura por uma combinação particular de 20 aminoácidos. Aminoácidos são os blocos formadores das proteínas e, dentre eles, 9 exemplares chamados de aminoácidos essenciais são obtidos exclusivamente através da dieta.

The human body has tens of thousands of proteins, each of which is made up of a particular combination of 20 amino acids. Amino acids are the building blocks of proteins and, of these, 9 so-called essential amino acids are obtained exclusively from the diet.

In a vegetarian diet, in order to obtain satisfactory amounts of all the essential amino acids, it is generally necessary to consume combined plant groups. The most common combination is cereals and legumes, such as rice and beans. Under this argument, there is a discourse that suggests the superiority of proteins of animal origin over those of plants. However, this idea would only make sense if there were a balanced diet without variety on the plate.

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DATA

U.S. Department of Agriculture
FatSecret Platform*

* Only brazilian corn data was provided by FatSecret Platform