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Protein in soybean

Foods high in protein such as fish, chicken, meats, soy products and cheese, are all called “protein foods.” You may also hear them referred to as “meats or meat substitutes.” The biggest difference among foods in this group is how much fat they contain, and for the vegetarian proteins, whether they have carbohydrate. Protein choices Plant-based proteins Plant-based protein foods provide quality protein, healthy fats and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels. Beans such as black, kidney and pinto Bean products like baked beans and refried beans Hummus and falafel Lentils such as brown, green or yellow Peas such as black-eyed or split peas Edamame Soy nuts Nuts and spreads like almond butter, cashew butter or peanut butter Tempeh, tofu Products like meatless “chicken” nuggets, “beef” crumbles, “burgers”, “bacon”, “sausage” and “hot dogs” Fish and seafood Try to include fish at least two times per week. Fish high in omega-3 fatty acids like Albacore tuna, herring, mackerel, rainbow trout, sardines and salmon Other fish including catfish, cod, flounder, haddock, halibut, orange roughy and tilapia Shellfish including clams, crab, imitation shellfish, lobster, scallops, shrimp and oysters. Poultry Choose poultry without the skin for less saturated fat and cholesterol. Chicken, turkey, cornish hen Cheese and eggs Reduced-fat cheese or regular cheese in small amounts. Cottage cheese Whole eggs Game Buffalo, ostrich, rabbit or venison Dove, duck, goose or pheasant (no skin) Beef, pork, veal and lamb It's best to limit your intake of red meat which is often higher in saturated fat and processed meats like ham, bacon and hot dogs which are often higher in saturated fat and sodium. If you decide to have these, choose the leanest options, which are: Select or Choice grades of beef trimmed of fat including: chuck, rib, rump roast, round, sirloin, cubed, flank, porterhouse, T-bone steak or tenderloin Lamb: chop, leg or roast Veal: loin chop or roast Pork: Canadian bacon, center loin chop, ham or tenderloin Share on PinterestIt's no secret that protein can do wonders for the body— it can help people gain muscle mass, make them feel fuller longer, and prevent those late-night trips to the cookie jarExercise, protein metabolism, and muscle growth. Tipton KD, Wolfe RR. Metabolism Division, Department of Surgery, University of Texas Medial Branch-Galveston, Galveston, TX. International Journal of Sports Nutrition and Exercise Metabolism. 2001 Mar;11(1):109-32Neural Responses to Visual Food Stimuli After a Normal vs. Higher Protein Breakfast in Breakfast-Skipping Teens: A Pilot fMRI Study. Leidy HJ, Lepping RJ, Savage CR, et al. Department of Dietetics & Nutrition, University of Kansas Medical Center, Kansas City, Kansas. Obesity 2011;19(10): 2019-2025..And while protein is essential in a healthy, balanced diet, there can be risks when people eat too much of it.Macho, Macho Man — Why It MattersPhoto by Laura SchwecherlProteins contain amino acids that help repair and rebuild body tissue. The human diet should include ten to 35 percent protein, which comes from foods like meat, poultry, fish, and legumes. Protein can help with weight management, as people tend to feel fuller after eating protein-rich meals. (Eggs make for a better lunch than a double Dorito serving.)People ages 18 and older should consume 0.36 grams of protein daily for every pound they weigh. So a 150-pound person needs about 54 grams of protein, equivalent to six ounces of cooked chicken breast. Who knew a little chicken could go a long way? Especially active people like marathoners or bodybuilders, should gobble down more protein to keep up with their fast metabolisms.As important as protein is, eating too much is potentially dangerous. People looking to bulk up sometimes load up on protein, thinking steak and protein shots will produce insta-muscles. But a diet of green eggs and ham alone doesn't do much toward defining those pecs, since eating protein without pumpin' iron won't build body muscleProtein and amino acids for athletes. Tipton KD, Wolfe RR. Department of Surgery, University of Texas Medical Branch, Galveston, TX. Journal of Sports Science. 2004 Jan;22(1):65-79. High protein intake also often goes hand in hand with skimping out on the carbs, which can lead to insufficient fiber— a cause of constipation and diverticulitis.Protein: Peril or Power? — The Answer/DebateThere are definite health dangers to going after the Schwarzenegger look with an all-protein diet. It turns out our bodies can't store excess protein, so once it's broken down into amino acids, the kidneys excrete the nitrogen content. And the more protein we chow down, the harder the kidneys have to work to remove the waste. Studies suggest people with kidney disease should limit their protein intake, though there isn't enough evidence to prove that excessive protein intake can actually cause kidney diseaseDietary protein intake and renal function. Martin WF, Armstrong LE, Rodriguez NR. Department of Nutritional Sciences, University of Connecticut, Storrs, CT. Nutrition & Metabolism (Lond). 2005 Sep 20;2:25..But don't toss away all the eggs and bacon just yet, since not getting enough protein has its risks too. An insufficient amount of protein can lead to undernutrition, which may result in extreme weight loss, fatigue, or diarrhea. It's best to get most protein from plant sources like beans, legumes, nuts, and soy products to steer clear of excess cholesterol. Skip the pig (we know bacon is heavenly, but still), and opt for lean meats like turkey, chicken, and beef tenderloin in moderation.At the end of the day, it's all about balance. Health problems can result from consuming too much or too little of any food group. You may have heard that eating hefty amounts of protein could damage your kidneys or liver. Is the rumor legit, or just a bunch of B.S.? In this video, Meh's Health nutrition advisor Mike Roussell, Ph.D., reveals the answer—and also tells you exactly how much protein you should aim to eat every day in order to build the most muscle possible. Here's another burning protein question (and answer): How Much Post-Workout Protein Do You Really Need? This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io If you've even considered going vegan or vegetarian, you've probably encountered one question over and over: "How will you get enough protein?" Yes, animal products are often rich in protein—but that doesn't mean that veggies can't match up. Protein is crucial in any diet, especially for athletes and those trying to lose weight. It's essential for building and maintaining muscle mass, keeping you feeling full between meals, and ensuring that every cell in your body is operating properly. Switching to a diet with fewer animal products can be extremely healthy, but you should make sure you aren't missing out on anything important. "Of course it's possible to get all of the protein you need from a plant-based or vegan diet," says Diana Sugiuchi, R.D.N., founder of Nourish Family Nutrition. "But it takes some planning to make sure you're getting essential amino acids and vitamins and minerals, particularly B vitamins and iron." To make the most of a plant-based diet, you should eat "a variety of grains, legumes, seeds, nuts, and vegetables every day," explains Jerlyn Jones, R.D.N., L.D., owner of The Lifestyle Dietitian. "Choose whole, unrefined foods, such as soybeans in the form of tofu, to boost protein intake."Both Jones and Sugiuchi note that there's no exact definition for a high-protein vegetable, but certain varieties stand out from the crowd. Per current Food and Drug Administration (FDA) guidelines, adults should consume at least 50 grams of protein in a 2,000-calorie diet daily, with about 15 to 20 grams per meal. (Some research even suggests bumping that to 30 grams per meal, particularly breakfast, for optimal hunger management.)So, for those of you still wondering, vegetables can absolutely provide all of the protein you need to thrive. Your body will probably thank you for it, too. Here are 20 of the highest-protein vegetables to eat, whether or not you're going plant-based. Westend61Getty Images 1. Edamame Protein: 9 grams per 1/2 cup, cookedTalk about healthiest appetizer ever—just a cup's worth of edamame (a.k.a. cooked soybeans) packs a huge protein punch. Jones swears by edamame, calling it "simply delicious to eat as a snack or throw into soups or vegetable stir-fry." You can get even more creative with it, too, like pureeing the beans into a dip. Adriana Marteva / EyeEmGetty Images 2. Lentils Protein: 8 grams per 1/2 cup, cookedLow-cal, high-fiber lentils are a bona-fide superfood. "Lentils don't need soaking," Jones says, "so I can prepare lentil soup or curry in a pinch." Plus, she notes, they're rich in folate, potassium, and copper, making them even healthier than the grains that they can replace. MirageCGetty Images 3. Black Beans Protein: 8 grams per 1/2 cup, cookedOn top of providing plenty of protein, black beans are also packed with heart-healthy fiber, potassium, folate, vitamin B6, and a range of phytonutrients. You can absolutely make a meal out of them, but they're also easy to slip into almost any dish, Jones explains, including soups and stir-fries. Michael Moeller / EyeEmGetty Images 4. Chickpeas Protein: 7 grams per 1/2 cup, cookedThe combo of protein and fiber in chickpeas makes for one healthy bean. Of course, most of us know and love chickpeas from hummus, but they're able to transform into almost anything, from rich falafel to crunchy, baked snacks. They're especially good whole inside soups, salads, and even crepes. The Washington PostGetty Images 5. Refried Beans Protein: 6.5 grams per 1/2 cup, cookedSugiuchi fills tacos and enchiladas with refried black and pinto beans, on top of eating them alone. "If you're transitioning your family to more plant-based sources of protein, you can also mix them with ground beef or chicken to cut down on the amount of meat so you're not making such a big change," she says. NanditaGetty Images 6. Lima Beans Protein: 5 grams per 1/2 cup, cookedMaybe you might not have had these since you were 10, but hear us out. In addition to filling protein, lima beans contain the amino acid leucine, which may play a big role in healthy muscle synthesis among older people. They're especially good on their own—and you'll probably love them more as an adult. Aniko HobelGetty Images 7. Green PeasProtein: 4 grams per 1/2 cup, cooked"Frequently overlooked as being pedestrian, [green peas] are always available in the frozen veggie section," Sugiuchi explains. She likes them for their versatility, whether served as a side, mixed into grains like rice, pureed with broccoli, or blended into a soup. Green peas are also high in vitamins A, K, and C. Leren LuGetty Images 8. Soybean Sprouts Protein: 4 grams per 1/2 cup, cookedWhether on top of Korean bibimbap or in stir fry, soybean sprouts add crunch and a hefty dose of protein to plant-based plates. The veggies also offer fiber, ensuring you won't feel hungry between meals or after dinner. And if you're tired of beans, sprouts let you switch things up without sacrificing protein. Diana MillerGetty Images 9. Peanuts Protein: 8 grams per 1 ounceYes, peanuts are legumes, meaning they're technically a vegetable. A 1-ounce serving packs in nearly 8 grams of protein, making it (or peanut butter) an ideal snack before or after the gym. The legumes are also easy to hide in almost anything, from protein-packed pancakes to tacos. GomezDavidGetty Images 10. Red PotatoesProtein: 7 grams per 1 large potato, cookedRed potatoes (and white ones) are packed with protein, but what makes them special, Jones notes, is their high levels of dietary fiber and vitamin B6, which promotes the metabolism of protein. Baked, mashed, or roasted with veggies, red potatoes are a crowd-pleaser that's secretly healthy. mikroman6Getty Images 11. Wild RiceProtein: 3.25 grams per 1/2 cup, cookedRice isn't technically a vegetable, but wild rice is, thanks to the fact that it actually comes from a grass. Since the nutrient-dense veggie cooks much the same way actual rice would, you can use it in wild rice-specific recipes and any others that include the grain. Your rice-based dinners just got way healthier. Poh Kim Yeoh / EyeEmGetty Images 12. Spinach Protein: 6 grams per 1 cup, cooked"Besides being really good for you," Jones raves, "spinach offers extraordinary nutritional value, and the health benefits of spinach are numerous." The leafy green is loaded with goodies like calcium, folic acid, iron, fiber, and vitamins K and C. Even better, it's easy to throw into salads, smoothies, and bowls. Westend61Getty Images 13. Brussels SproutsProtein: 5.5 grams per 1 cup, cookedThese little green veggies have always gotten an unfairly bad rap, but they can be delicious, nutritional superstars, at least if you know how to cook them. (Might we suggest a mustard glaze or serving them shaved?) In addition to protein, Brussels sprouts pack hefty doses of potassium and vitamin K. Julia Murray / EyeEmGetty Images 14. Sweet PotatoesProtein: 5 grams per 1 large potato, cookedNot to be outdone by their slightly more protein-packed cousins, sweet potatoes are still great sources of the stuff. They work well at any meal, from breakfast to dinner. ianama np4 dj mwangaGetty Images 15. ArtichokesProtein: 5 grams per 1 cup, cookedArtichokes shouldn't just be relegated to dips (although they make very good dips). The low-calorie, nutrient-dense veggies include huge amounts of folate and vitamins C and K, and they're wonderful in sheet pan dinners, roasted sides, and even on top of pizzas. They've been hiding in plain sight all this time. Westend61Getty Images 16. Snow PeasProtein: 5 grams per 1 cup, cookedSnow peas pack plenty of protein, both raw and cooked. The crunchy snack is a perfect addition to meals that need a little more green in them, including this pesto tortellini and this ricotta toast. You'll also get a hefty dose of fiber and vitamin C. DigiIPubGetty Images 17. BroccoliProtein: 5 grams per 1 cup, cookedBroccoli's not only an awesome source of fiber—it's also a surprisingly great way to reach your daily protein goal. You can't go wrong with a vegetable that's linked with cancer-preventing properties, either. We love it in a stir fry, but you can always steam, bake, or puree the vegetable with just about anything. Winslow ProductionsGetty Images 18. AsparagusProtein: 4.25 grams per 1 cup, cookedAsparagus is already a beloved veggie, but its high protein content doesn't hurt, either. Whether baked with eggs, fried with sugar-snap peas, or cooked alongside oyster mushrooms and pasta, it's the cornerstone of countless plant-based meals. Plus, it's rich in folate and vitamins K, A, and C. Mohd Azri Suratmin / EyeEmGetty Images 19. CornProtein: 4 grams per 1 cup, cookedLike potatoes, corn often gets put into the "plants with no redeeming qualities" category, but with loads of fiber, folate, vitamin C, and magnesium, it can round out a protein-packed plant-based dish rather nicely. It's healthy both fresh and frozen, so get creative with your salsas and salads. Boris SVGetty Images 20. White MushroomsProtein: 4 grams per 1 cup, cookedAll mushrooms, from shiitake to oyster, have a good amount of protein in them. But white mushrooms have the most—and they happen to be some of the most ubiquitous. Throw them in basically any dinner (we suggest arugula pizza, bacon pasta, and mole tacos) for a boost of umami and protein.Go here to join Prevention Premium (our best value, all-access plan), subscribe to the magazine, or get digital-only access. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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