Are Vegetable Proteins Equal To The Protein in Beef?

Do you really need meat to get protein? *VeganStreet.com* says no. The activist group posted this graphic in the Albany Times-Union stating that, "Beef has 6.4 grams of protein/100 calories" and "Broccoli has 11.1 grams of protein/100 calories," but is that the whole story?

Let's look at it this way: one cup of broccoli contains 31 calories, which means you would have to eat more than 3 cups of broccoli to get 11.1 grams of protein. Moreover, *VeganStreet.com* underestimates the grams of protein in a serving of beef. A 3-oz. serving of beef provides 25 grams of protein. Active individuals, pregnant women and growing teens are encouraged to get 75-80 grams of protein/day, which would mean you would have to eat 24 cups of broccoli to reach that 80 grams of recommended protein vs. 9-10 oz. of protein *(the size of a decent steak)* to reach those protein recommendations.

Additionally, not all proteins are created equal. According to *beefitswhatsfordinner.com*, "Not all foods contain the same type of protein. Meat, eggs and dairy products are considered complete high-quality sources of protein that provide the full package of essential amino acids needed to stimulate muscle growth and improve weight management. Plant proteins such as grains, legumes, nuts and seeds are incomplete proteins in that they do not provide sufficient amounts of essential amino acids. In fact, research indicates that increasing consumption of high-quality complete proteins may optimize muscle strength and metabolism, and ultimately improve overall health.

"Lean meats contain heme iron, which is much more easily absorbed by the body than non-heme iron found in plant foods. Heme iron is an important dietary component for promoting cognitive health, including memory, ability to learn and reasoning. Heme iron is particularly beneficial for growing children because research indicates that some toddlers are at higher risk for iron deficiency, and childhood iron-deficiency anemia is associated with behavioral and cognitive delays.