

Good Quality Protein

These recommendations are adapted to a legume-free diet with reduced animal protein.

While excessive protein intake is not necessary, we do need to recognize that protein is a critical building block in the body for everything from muscle to neurotransmitters. Consuming good quality protein is vital and as North Americans we have been trained to believe that meat, cheese and eggs are the only **good** proteins when, in fact, they offer few usable other nutrients, no fibre and require a lot of digestive power to process. In fact many people do not properly digest animal proteins at all, contributing to a state of dysbiosis and/or putrefaction in the bowel. Animal based proteins contribute to acidity and inflammation in the body, and have been linked to disease.

The RDA recommends 0.8 grams of protein per kilogram - about 37g of protein per 100 lbs. Adjusted for a primarily plant based diet this would be 1g per kilogram (Vegetarian Resource Group). Requirements for protein increase if you are actively involved in a rehabilitation program. Check with your physiotherapist, trainer, nutritionist or naturopathic doctor for an individualized plan.

More advanced nutritional research (Colin Campbell PhD – The China Study) demonstrates that the lower a diet is in animal protein the better, especially for those with a predisposition for degenerative disease. His work demonstrates a diet with 10% of the calories from protein, but only about 10% of the protein from animals (1% total calories from animal protein) not only prevents, but reverses disease. The Standard American Diet provides about 15% of calories from protein, and 80% of the protein is from animals. That means about **12% of the calories in the Standard American Diet are from animal protein**. Bear this in mind as you modify your diet for health. It does not mean you need to become vegan, but it probably does mean that if you have a chronic illness (anything from Multiple Sclerosis to Cancer) you would benefit from decreasing your animal protein intake. Start by reducing your animal intake to one meal per day.

It is very easy for a primarily plant based diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein combining is not necessary; it is more important to eat a varied diet throughout the day. With a legume restriction for individuals with MS people often worry about getting enough protein. The following is a chart of good quality protein to help you meet your needs:

Item	Measure	Protein
Almonds	100g	21g
Flax Seed	100g	21g
Pine Nuts	100g	21g
Quinoa, cooked	1 cup	9g
Avacado	1 cup	5g
Spirulina ***	100g	57g
Nori Seaweed	1 sheet	36g
Brown Rice	1 cup	4g
Amaranth, cooked	1cup	9g
Broccoli	1 cup	4g

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Spinach – cooked	1 cup	5g
Sun-dried Tomatoes	100g	14g
Wakame	100g	15g
Almond Butter	100g	15g
Oats, rolled	100g	15g
Figs,dried	100g	3g
Pumpkin Seeds	100g	21g
Tahini	2 Tbsp	6g
Sunflower seeds	100g	22g
Walnuts	100g	24.5g
Cashews – dry roasted	100g	22g
Coconut, dried, shredded	100g	5g
Almond butter	2 Tbsp	5g
Brown rice, cooked	1 cup	5g
Spinach, cooked	1 cup	5g
Broccoli, cooked	1 cup	4g
Kale, raw	100g	3g
Whole Chicken Egg	1	12g
Roasted chicken, light meat, skinless	100g (3.53oz)	31g
Trimmed lamb, roasted	100g	28g
Atlantic Salmon – wild	100g	25g

Values cross referenced from various sources including: USDA Nutrient Database for Standard Reference, Release 18, 2005, Vegetarian Resource Group, nutritiondata.com