

How Much Protein Does Your Body Need?

@StaytunedwithRamya

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PYS4CYSYNCC](https://www.youtube.com/watch?v=PYS4CYSYNCC)

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SUMMARY

The speaker discusses the challenges vegetarians face in obtaining adequate protein compared to non-vegetarians, emphasizing the importance of being mindful about food choices. They highlight the misconceptions around veganism and the nutritional content of common vegetarian foods, advocating for a balanced diet that includes various protein sources.

- *Non-vegetarians generally have easier access to complete protein sources.*
- *Vegetarians must consciously choose diverse food options to meet protein needs.*
- *Many vegetarian staples (grains, legumes) are high in carbohydrates and low in protein.*
- *Commonly cited protein sources like broccoli and mushrooms provide minimal protein.*
- *A balanced vegetarian diet should include legumes, pulses, tofu, and possibly protein supplements.*
- *The speaker, a lifelong vegetarian, emphasizes the dedication required to maintain a healthy vegetarian diet.*
- *Environmental and ethical concerns motivate the speaker's vegetarian lifestyle.*
- *Awareness of nutritional needs is crucial for vegetarians to achieve fitness goals.*

if you're a non-vegetarian great all the animal protein has that but if you are a vegetarian somehow you have to be very conscious to make a choice to ensure you're inclusive of all your food options I agree to this idea completely there's a lot of misinformation going on in this topic in fact I just I have a YouTube channel as well called stay fit with Ramya and the recent video I put up was all about this you know there's a

part of the world saying that veganism is the most safest option right now let's all go vegan but my question is you all want to go vegan for what reason is it for environmental reasons moral reasons or is it for health reason if your answer is a b I'm saying I'm saying thumbs up I salute you I worship you if your answer is C then again I would like to question are you being a granitarian or are you being a vegan by granitarian

most of the vegetarian options we find in front of us is all about the grains rice wheat or quinoa or carbs everything pasta whatever you have is just loaded with carbohydrates there is a lack of protein in it if there is going to be answers given like but there are your legumes dolls pulses kidney beans whatever if you actually go and see the nutritional information of these all of these are more like three times carbohydrates than the kind of protein

they have per 100 gram things like broccoli spinach people say that you know mushroom has protein broccoli has protein and all that but if you eat so much of broccoli you will probably have about 8 grams or 9 grams of

protein so the final moral conclusion is if you want to have complete protein with all the essential amino acids if you're a non-vegetarian great all the animal protein has that but if you are a vegetarian somehow you have to be very conscious to

make a choice to ensure you're inclusive of all your food options having chia seeds one day in every 10 days is not going to make you have adequate amount of protein and that is just one certain type of protein which is available in chia seeds so there needs to be legumes there needs to be pulses there needs to be complex carbohydrates there needs to be you know your tofu there needs to be a little bit of paneer there needs to be

also if you're working out or working or not working out some sort of a protein intake extra over egg whites over whey protein over vegan protein all of this combined together is what is going to give you the results that you want and that is a lot of dedication and effort for a vegetarian I am a vegetarian I'm a born vegetarian till date I am a lacto over vegetarian and not so much lacto these days and I truly have being a I've gone into

powerlifting and I've done some massive lifting and all that but I have to admit that it's hard it is hard but I'm doing it because I've been born this way as a vegetarian and My Love For Animals is so much and reading more and more about how much the environment is getting abused because of making non-veg or meat and poultry Etc and the kind of hardship which the animals are put into that takes me away from doing that which

is why I put in all those efforts but I want everybody to be aware of it