

How to make a complete protein with veggies, beans, seeds and grains



Veggies are first thing you should think about when putting together a meal because they are so great for you, but they get a bum wrap when it comes to protein. Yes, they do contain protein but most veggies are incomplete meaning that they do not contain all the essential amino acids, which are the building blocks of protein. Animal products like beef, fish, dairy, and eggs contain enough of every one of the essential amino acids. Thus, they're considered complete proteins. Some plant based foods do contain all the amino acids and here is a [list](#). For plant sources that do not contain all the amino acids do not worry as long as you eat a wide variety of plant sources during the day it will give you what you need when it comes to protein. In other words given that plant foods contain varying amounts of amino acids, you can manage to get enough of each essential amino acid throughout the day by eating a varied diet and combining complementary plant proteins. An example of complementary plant proteins: grains like rice are too low in lysine to be considered a complete source of protein. by also eating lentils or beans, which are higher in lysine, throughout the day, you can be sure to obtain all nine essential amino acids.

Combining incomplete proteins to form a complete protein

Combinations include: Nuts or seeds with whole grains (peanut butter on whole wheat toast). Whole grains with beans (beans and rice; hummus and pita bread; bean-based chili and crackers; refried beans and tortillas). Peanut butter and whole wheat bread: Like beans, peanut butter is low in methionine but high in lysine. Hummus and pita: Garbanzo beans are high in lysine but low in methionine, and tahini (a sesame seed paste) is a rich source of the amino acid methionine. Combine the two together makes a complementary protein food: hummus. Salad Topped with Beans and Seeds: You're getting the idea. What many beans lack, grains and seeds make up for. Have a spinach salad with chickpeas and sunflower seeds to make a complete protein meal.

Vegan complete protein foods include:

- Ancient grains, like quinoa and amaranth
- Buckwheat
- Chia seeds
- Hemp seeds
- Soy products (edamame, tofu, tempeh, soymilk)

Vegans should also consider supplementing their diet ([see site](#)).

Vegans need to consider **B12** because it is not produced by plants; it is manufactured by microorganisms. People who do not consume animal products need to obtain B12 from fortified foods or supplementation. The latter option can be a straightforward way of ensuring that you consistently get enough.