

Plant protein for healthy cell growth



Protein is an essential ingredient for growth, strong immunity, energy production and for healthy hair, skin & nails. When protein is mentioned, most people think of animal origin proteins such as meat, fish, dairy or eggs; however one third of the world's population get their protein from vegetarian sources. Vegetarian protein seems to assist with a lowered amount of cancer in populations. It is often combined with lots of healthy vegetables and salads too. Some studies have shown that too much animal protein (above 10-12%) may correlate with a higher cancer growth rate and it is also highly acidic. Make protein part of your everyday food choice, but get used to using plant proteins too.

Plant proteins include lentils, legumes, kidney beans, lima beans, chick peas, mung beans as well as seeds such as chia, linseeds and sesame seeds & nuts. Note: Peanuts grow under- ground and can be subject to mould – make sure they are fresh. All other nuts grow on trees and are the preferred choice.

Try to include plant protein often in your weekly eating plan:

Hommus dip	Cut carrots, celery or snow peas and dip them in hommus as a snack. Hommus contains chick peas and sesame seeds
Pesto dip	Same as above, but stir through pasta, chicken dishes or on crackers.
Chick peas	Tinned chick peas need to be rinsed well under cold running water until the water runs clear. Put them raw across you salad and add some really yummy dressing to flavour them. The same can be done with other tinned beans such as four bean mix.
Sesame seeds	
Pine nuts	
Sunflower seeds	Toss them into a frypan on medium heat and swish them around until they get a golden colour and nutty smell. Add a small splash of soy sauce to coat them in flavour. Tamari is a low-salt version of soy sauce from the health food section. Sprinkle them on your salad. Add them to your stir fried dinner too.
Nuts/Seed trail mix	Use this for your mid-morning or mid-afternoon snack. Three fingers worth. Combine raw cashews, almonds, pistachios, sunflower and pepitas – flavour them up with dried goji berries, sultanas, dried apple pieces, crunchy Asian blends – bhaji mix, soy snacks, wasabi peas.
Chilli con carne	used kidney beans – reduce your mince in favour of beans. Use in tacos and Mexican burritos.
Curries & Dahl	Legumes are often used in curries instead of meat.
Falafel	Is a spicy nut and seed ball used in kebabs. It is tasty and delicious in a wrap with hommus and salad.
Sprouts	You can sprout your own legumes for fun or buy sprouts in your produce store. Toss them over salads for crunch and flavour.

By Naturopath – Michelle Cose @ www.yourstepstowellness.com Phone 0409572220