

You Need To Eat Meat To Get Enough Protein

Contributed by Skinny Myths Team

SKINNY MYTH: "You need to eat meat to get enough protein."

Myth.

Vegetable proteins are abundant in many forms, the most popular being soy.

Soy protein is complete, and is the only vegetable protein equivalent to the high quality protein found in animal foods. Plus, soy protein is lower in fat than meat, and offers a number of health benefits, including lowering your risk of heart disease by reducing cholesterol levels.

Source References:

- Soy Nutrition Basics: Composition, Processing, and Soy Foods written by EC Henley PhD, RD, LD. 2007.