



Beyond Protein: Where do you get your fibre?

AUSTRALIANS ARE NOT SHORT ON PROTEIN
WE ARE DEFICIENT IN FIBRE



Protein

99%

**OF AUSTRALIANS
GET ENOUGH
PROTEIN**

Fibre

83%

**OF AUSTRALIANS
DON'T EAT
ENOUGH FIBRE**



96%

**DON'T EAT
ENOUGH FRUIT &
VEGETABLES**

**Fibre only comes from
whole plant foods**

Higher fibre intake is associated with:

- ↓ Lower risk of heart disease
- ↓ Lower risk of type 2 diabetes
- ↓ Lower risk of colorectal cancer
- ↓ Lower all-cause mortality
- ✓ Better gut health

How much protein do we need?

Most people need about 1.0 to 1.2g of protein per kg of body weight each day. Needs can rise with age, illness, or training demands. Evidence shows there is no added benefit above about 1.6g/kg/day for muscle.

Plant sources of protein PER 100g (verified by Cronometer)

TVP



50g

SEITAN



30g

TEMPEH



20g

TOFU



14g

EDAMAME



12g

LENTILS



9g

CHICKPEAS



7g

BLACK BEANS



8g

**SOY
YOGHURT**



4g

ALMONDS



22g

**CHIA
SEEDS**



16g

OATS



12g

**SCAN QR
CODE FOR:**

Studies that demonstrate plant protein is
equal to animal protein for building muscle

