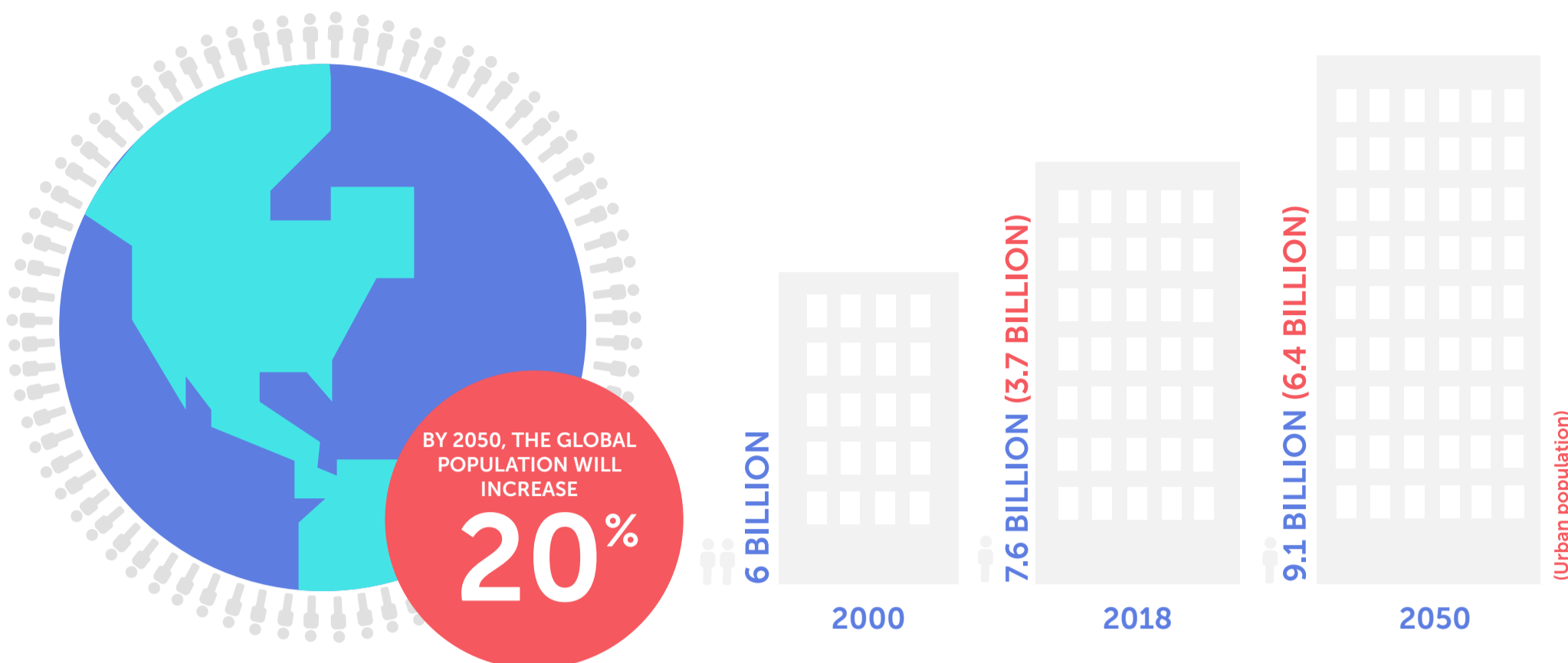


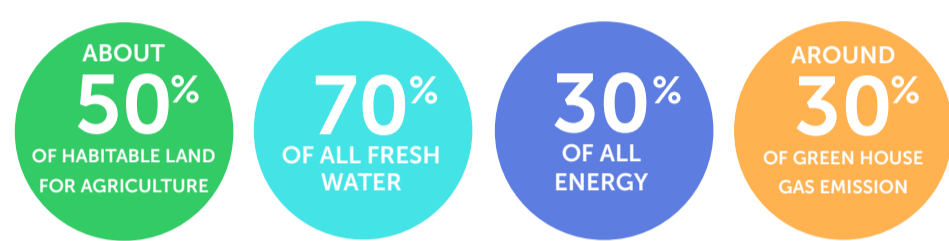
Plant Protein to Power the Planet



Can Food Production Keep Pace With Population Growth?¹⁻⁶



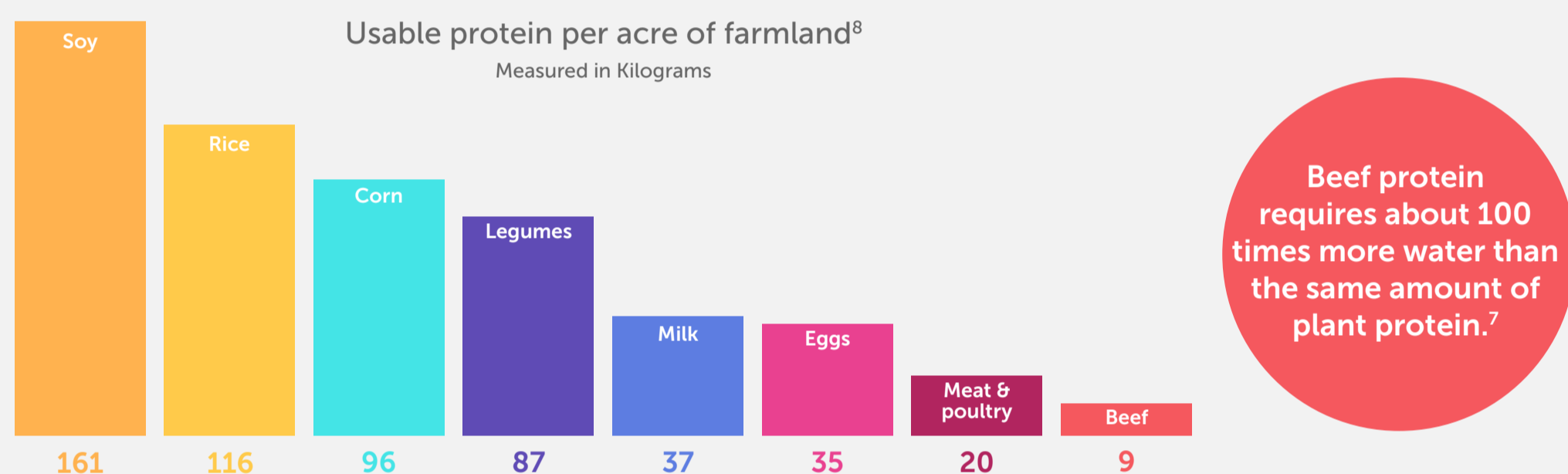
Our current food system already uses:²⁻⁵



To feed this huge population, food production will have to **more than double⁶**

Urban populations tend to be richer and consume more meat on average.¹

Animal protein requires more land and water to be produced.^{7,8}



There is simply not enough land on the planet to feed a diet high in animal protein to the growing population.

Why Protein is Important and How Can we Supply World's Protein Requirements?⁹⁻¹³

Why we Need Protein⁹

- It builds and maintains bone, muscles and skin.
- It has a vital role in all biological processes.

Not all Proteins are equal⁹

High quality protein sources that contain all essential amino acids in the right amount include:

- Animal protein (meat, eggs, milk)
- Soy
- Quinoa

Low quality protein sources that lack one or more essential amino acids:

- Nuts
- Seeds
- Pulses
- Grains
- Vegetables

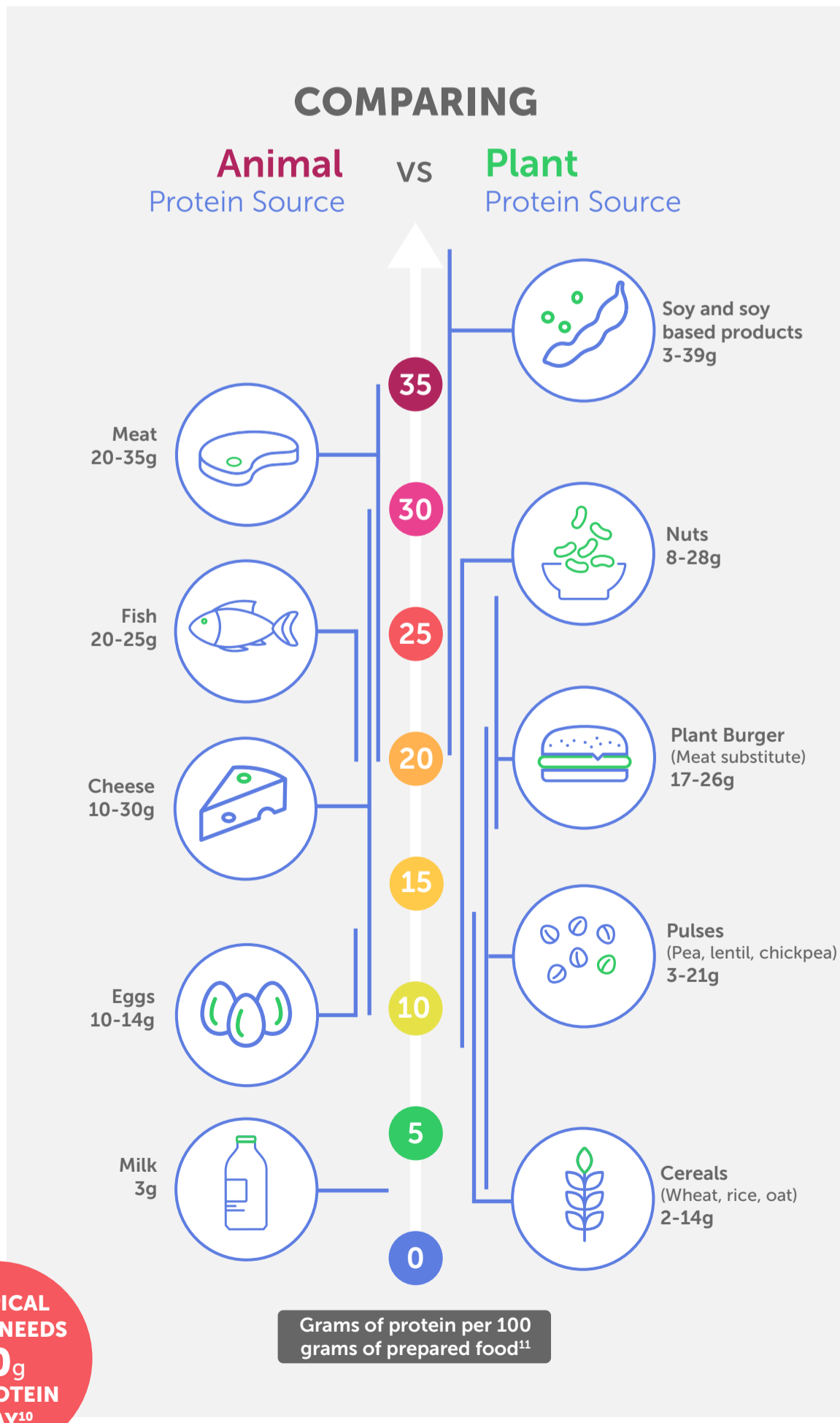
A combination of different sources of low quality protein can improve its quality: pulses + grains.

Plant Protein based diets can help to:^{12,13}

- Provide **more fibre** and **less saturated fat**.
- Support animal welfare.
- Protect the environment

An increase in plant-based foods may have possible unintended dietary consequences, such as an inadequate supply of some nutrients.

A TYPICAL ADULT NEEDS **50g OF PROTEIN A DAY¹⁰**



As billions of new people are added to the growing global population, plant protein-based diets could provide the increasing population with the protein they need, as well as promote health and environmental benefits.¹² But it is important to equally consider nutrition and environmental impact of any dietary shifts¹⁴

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