

MYTHS

FOUND ONLY IN
MEAT, FISH, DAIRY,
EGGS

VEGETARIANS ARE
PROTEIN
DEFICIENT

MORE PROTEIN,
MORE MUSCLE
GAIN

HIGH PROTEIN
DIET HELPS IN
WEIGHT LOSS

PROTEINS



FACTS

MOST PLANT
FOODS CONTAIN
PROTEIN

EATING VARIETY
OF PLANT FOODS
→ PROTEIN
ADEQUACY

WORKING THE
MUSCLE RESULTS
IN MUSCLE GAIN

HIGH PROTEIN
DIET → CHRONIC
INFLAMMATION



INDIAN SOCIETY OF
LIFESTYLE MEDICINE