



MYTH OR REALITY? PROTEIN IN A VEGAN DIET



**BEFORE
GOING
VEGAN**



**VEGAN FOR
A YEAR**



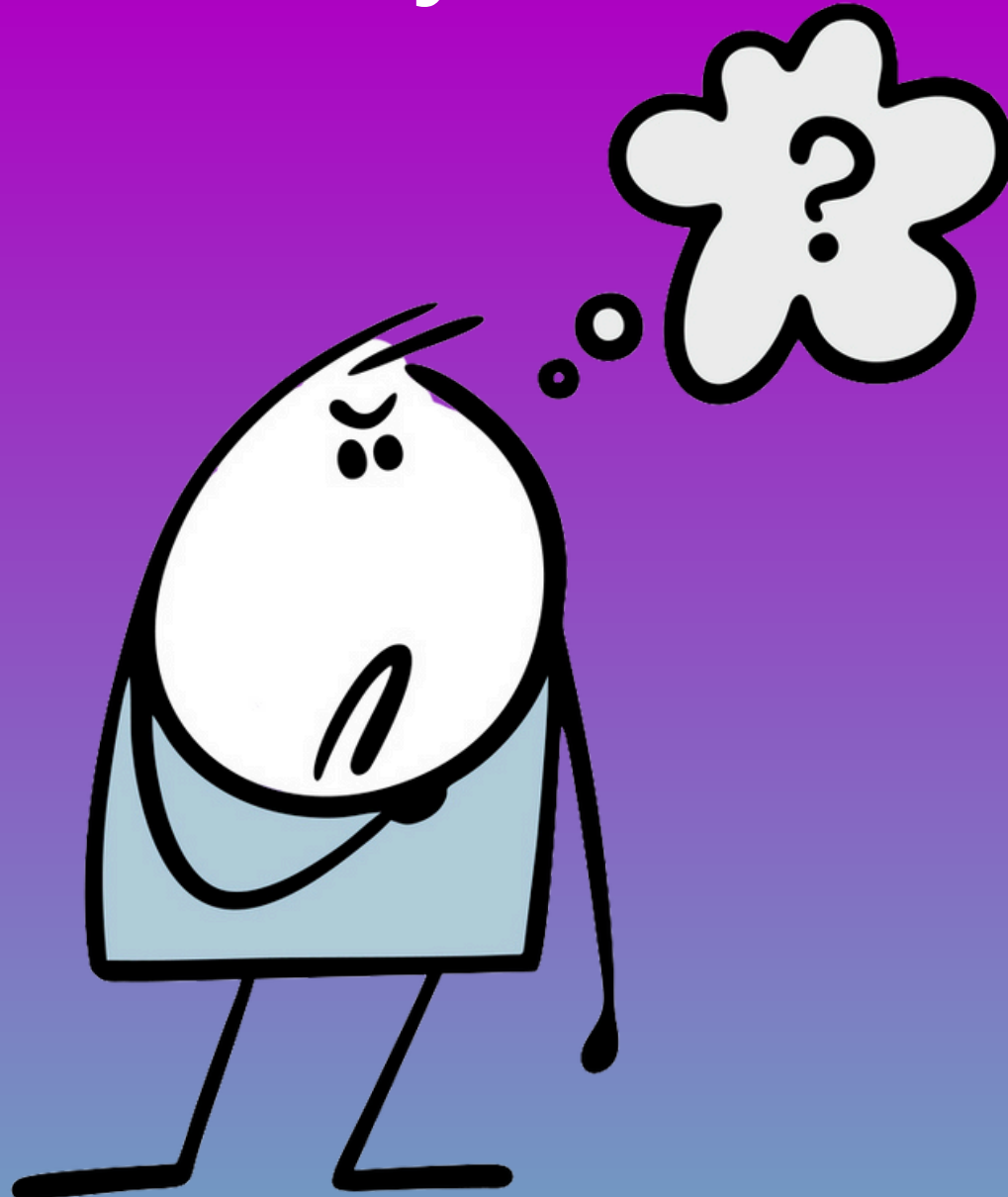
There's a widespread concern that a vegan diet might lead to protein deficiencies. Let's uncover the truth!





THE MYTH OF "COMPLETE" PROTEINS

It's often believed that only animal-based foods contain "complete" proteins, which include all essential amino acids. But **is that really the case?**





PROTEINS AND ESSENTIAL AMINO ACIDS

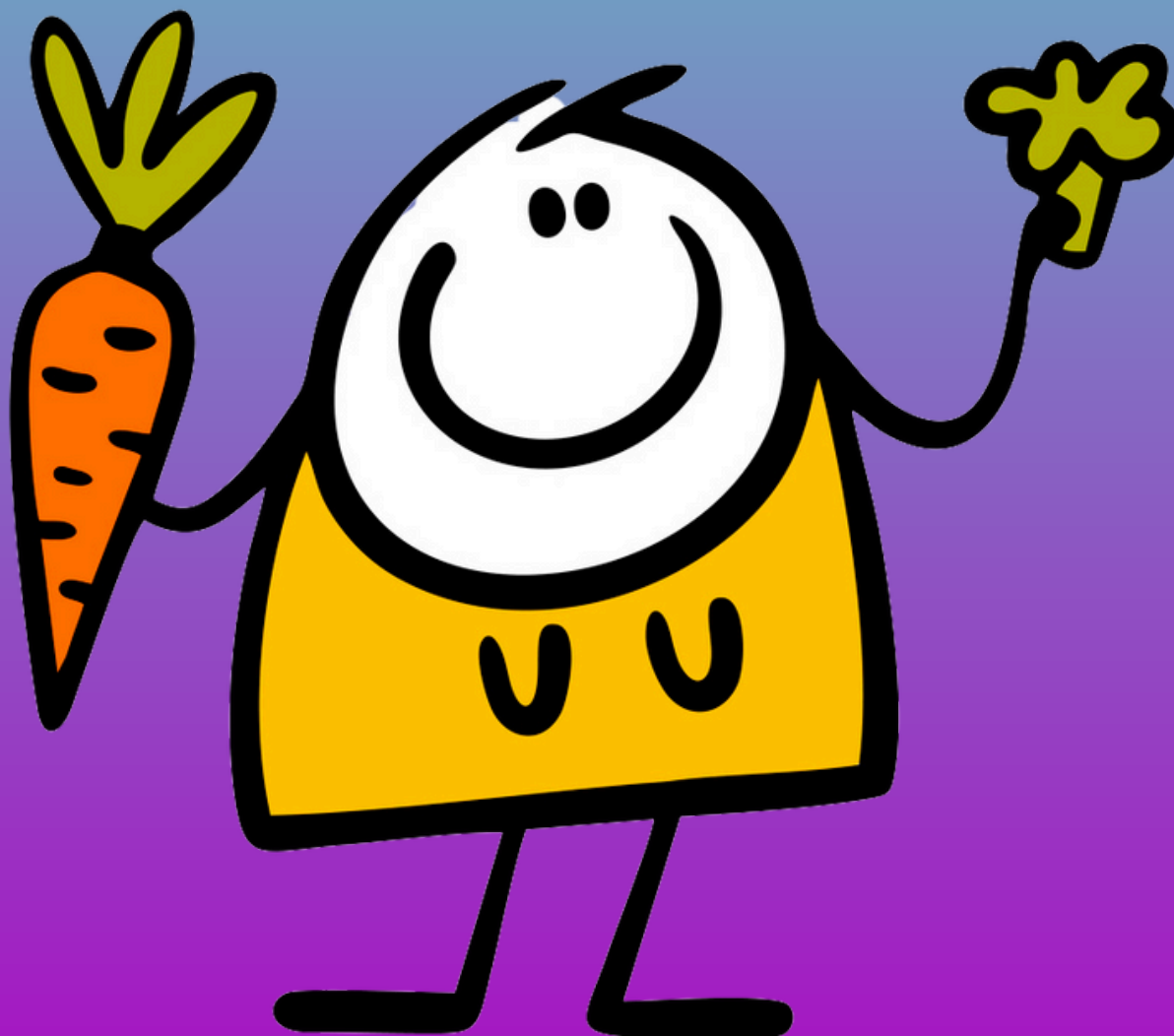
Proteins are made up of **20 amino acids**, **8 of which are essential**. While animal products contain all these amino acids, plant-based foods can provide them too!





PROTEIN COMPLEMENTATION

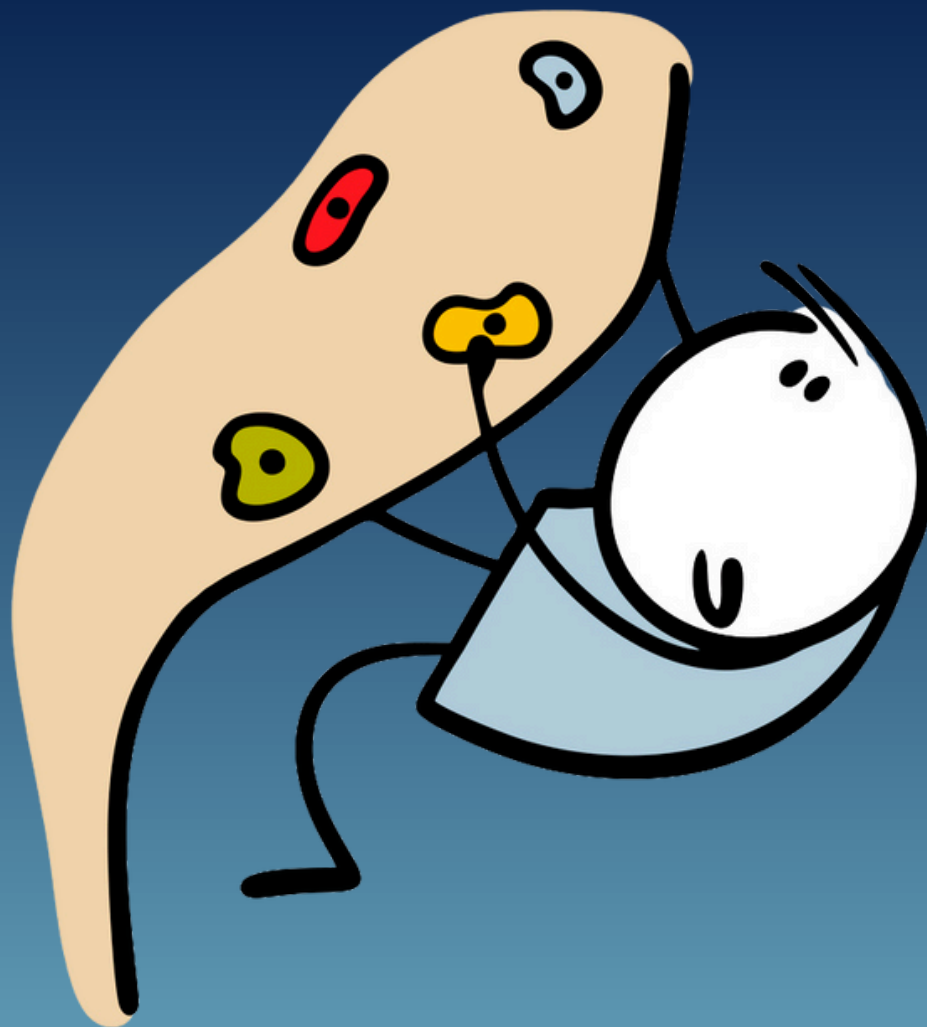
Plant proteins can be combined to ensure you get **all essential amino acids**. A varied and balanced plant-based diet provides all the protein your body needs.





SPORTS AND A VEGAN DIET

There is no scientific evidence suggesting that a 100% plant-based diet is incompatible with athletic performance. In fact, judging by the achievements of professional athletes, it's a highly recommended combination.





Embrace the change now!

Be the
CHANGE

GO
VEGANOK