

Asst. Prof. Dr. Alisa Nana. (2021, May-June), Healthy Work from Home, Healthy Plant Protein : Substance Industry. 63 : 43

Protein is one of the main nutrients that the body needs. Contains amino acids that are responsible for increasing the strength of the skin. bone and muscle Usually when it comes to protein sources. Most people tend to think of meats such as chicken, pork, eggs, and milk, as these types of ingredients contain a lot of nutrients.

In addition, plants contain protein as well. Many people have probably heard the term “Alternative proteins” or “plant proteins” are known for some among the health lovers who focus on eating plant-based proteins, amino acids, vitamins and minerals, and importantly, fiber is good for the health of the intestines. anti-inflammatory contains antioxidants Reduces the risk of cancer high blood pressure heart disease

Plant proteins found in legumes and grains can be divided into five groups as follows:

Group 1 proteins from grains such as corn, wheat, sorghum, barley.

Group 2 Bean protein such as black beans, red beans, mung beans, soybeans, chickpeas, lentils.

Group 3 Protein from seeds and nuts such as sunflower seeds, pumpkin seeds, sesame seeds, flax seeds. In Thailand, sesame seeds are considered high protein plants. Nuts provide protein such as almonds, chestnuts, macadamias.

Group 4 Non-grain protein, high protein, found in buckwheat, chia, quinoa.

Group 5 Vegetable proteins such as broccoli, cauliflower, potatoes, sautéed, sweet vegetables, acacia, cassia Yod Khae Moringa leaves Chaya leaves

During the period when most people have to work from home, they have to stay at home, causing their activities to be reduced. The body's metabolism is also reduced. Therefore, food that is still high in nutrition but low in calories is considered A good and ideal choice in this range. For the recommended food, for example, 1 serving of Kaset Protein Laab gives 200-230 kcal of energy, 1 serving of mixed mushroom salad gives 210 energy.

