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Sources allows readers
to understand how
alternative proteins
such as plant, fungal,
algal, and insect
protein can take the
place of more costly
and less efficient

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animal-based sources. Sustainable Protein Sources presents the various benefits of plant and alternative protein consumption, including those that benefit the environment, population, and consumer trends.

~~The Complete Guide to Sustainable Protein~~
~~KineSophy~~
Sustainable Protein Sources presents the

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various benefits of plant and alternative protein consumption, including those that benefit the environment, population, and consumer trends.

~~Infographic: The future of plant-based pet food proteins ...~~

Proteins: Sustainable Source, Processing and Applications addresses sustainable proteins, with an emphasis on

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proteins of animal origin, plant-based and insect proteins, microalgal single cell proteins, extraction, production, the stability and bioengineering of proteins, food applications (e.g. encapsulation, films and coatings), consumer ...

~~Edible Insects as a Sustainable Food Alternative~~

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Plant-based protein was the most accepted alternative, more sustainable protein source (58%) followed by single-cell protein (20%), insect-based protein (9%), and in vitro meat-based protein (6%).

~~Sustainable Diets:
What You Need to
Know in 12 Charts ...~~
Halibut. Among white fish species, halibut reigns supreme when it

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comes to the protein you need to build muscle like a champ. Each 3-ounce serving also has a mere 2 grams of fat, making halibut an even better catch of the day. Pacific halibut is generally considered a more sustainable choice than Atlantic.

~~Sustainable Protein Sources | ScienceDirect~~
Sustainable Protein Sources allows readers

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to understand how alternative proteins such as plant, fungal, algal, and insect protein can take the place of more costly and less efficient animal-based sources.

~~Sustainable Protein Sources—1st Edition~~
Sustainable Protein Sources presents the various benefits of plant and alternative protein consumption, including those that

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benefit the environment, population, and consumer trends. The book presents chapter-by-chapter coverage of protein from various sources, including cereals and legumes, oilseeds, pseudocereals, fungi, algae, and insects.

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Sources | Request PDF~~

The key to feeding 9 billion people:

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sustainable protein.
Thursday, March 24,
2016 - 12:15am. All
foods made from meat,
poultry, seafood, beans
and peas, eggs,
processed soy
products, nuts and
seeds are part of the
protein foods group,
which is fundamental
to our health.

~~The Power of
Sustainable Protein in
the 21st Century ...~~
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Sources This book provides a first reference on dietary proteins that covers the land, water, and energy usage inputs, nutritive outputs, and food applications of plant and other non-meat proteins.

~~Sustainable protein:
Meeting future needs:
(EUFIC)~~

In fact, the gap between the average American's daily

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protein needs and amount they're already getting from plant sources is less than the equivalent of one chicken breast (4 oz, 35 g of protein).

~~Nutrients | Free Full-Text | Older Consumers' Readiness to ...~~

Is the road to sustainable protein for the 21st century paved with pigs or peas? How can we revolutionize

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the food system to ensure that healthy proteins, an essential nutrient for human health, are available to a global population estimated to reach from 7.5 to 10.5 billion people by 2050? The ...

~~The key to feeding 9 billion people: sustainable protein ...~~
Balancing healthy consumption with sustainable production. Many of these

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feedstocks are high-quality sources of protein that could be used to feed humans, particularly in places where protein deficiency is common. Additionally, the use of fish as animal feed puts pressure on our ocean ecosystems.

~~Protein Challenge
2040: Sustainable
protein production for~~



Sustainable protein:

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Meeting future needs. Animal products (meat, fish, milk and eggs) are major dietary sources of protein, and could be partly replaced by more sustainable sources. Increased production and use of protein crops (e.g. soy and legumes) are part of the solution, but more intriguing sources are also appearing on shelves.

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~~Sources: Sudarshan
Nadathur, Dr ...~~

In theory, insects seem like an ideal source of sustainable protein: abundant, low demand for resources, and minute carbon emissions. The problem, as you'll see in the table below, is that edible insects like crickets are very expensive, as the entomophagy (insect-eating) industry has struggled to keep up

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with recently rising demand.

~~50 planet friendly
protein choices—
Delicious Living~~
Sustainability of Insects
as Food. According to a
recent study from the
University of
Copenhagen, insects
are extremely
sustainable, more so
than meat as a protein
source. And according
to the UN, the
worldwide livestock

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industry accounts for over 14.5 percent of global greenhouse gas emissions.

~~Knowledge for better
food systems—Food
Climate Research ...~~

Plant-based proteins may become increasingly important sustainable pet food protein sources. As Earth's human and pet populations grow, so too does the demand for protein.

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Sustainable Protein Sources presents the various benefits of plant and alternative protein consumption, including those that benefit the environment, population, and consumer trends. The book presents chapter-by-chapter coverage of protein from various

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sources, including cereals and legumes, oilseeds, pseudocereals, fungi, algae, and insects.

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Plant-based protein sources are usually limited in one or more essential amino acids, with some exceptions, such as soy and quinoa. Vegetarians can easily combine

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protein sources to get all necessary aminos.

Melanie Warner is a Boulder, Colorado-based freelance writer who covers food and green business.

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