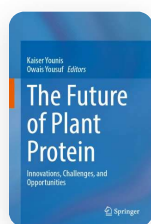


[Home](#) > [The Future of Plant Protein](#) > Chapter

Sustainability of Plant Protein

| Chapter | First Online: 25 April 2025

| pp 51–72 | [Cite this chapter](#)



The Future of Plant Protein

[Vaishnavi Singh](#), [Owais Yousuf](#) & [Sonal Prasad](#)

Abstract

Proteins are a necessary element for human nutrition. Flora and fauna can be used to provide dietary proteins. Despite its higher need, animal protein is often considered less environmentally sustainable. To preserve food affordability, environmental stability, ethical considerations, increased food safety, meet growing consumer demand, and prevent protein-energy malnutrition, a gradual shift from animal to plant-based protein foods may be preferable. Plant-based proteins are growing in popularity and due to these factors, it is anticipated that this upward tendency will last for the next several decades. Plant proteins supply vital amino acids and other essential macronutrients for complete protein nutrition. The primary goal of this chapter is to present an overview of the nutritional value of plant proteins as an alternative to meet the requirements of proteins and how they contribute to a higher quality of life for humans. As a result, the current research thoroughly examines the comparison between the resource requirements of both animal and plant protein production, their environmentally friendly effects, and their relationship between exercise performance and dietary patterns and consequences for nutrition. Additionally, this