# The Best Way to Answer The Protein Question

One of the things most vegans dread hearing is the question, “If you don’t eat meat, how in the world do you get enough protein?”

For some reason, the rest of the world seems to forget that there are such things as plant proteins. While they may at times seem to build more lean muscle, there are actually body builders who succeed on a vegan diet and look just as ripped as body builders who swear by eating a ton of meat.

If you are a vegan, there are hundreds of options for you to get protein. There are the recommended dosages of fruits and vegetables, and even some protein powders that can be incorporated easily into your diet on a daily basis.

However, a lot of people assume in advance that vegans are uppity and moralistic, and look down on anyone who doesn’t understand or follow their vegan lifestyle. So rather than meeting this question with annoyance, it can be helpful to try to maintain a patient and helpful approach to people who are trying to understand the way you live. Maybe they have considered a vegan or vegetarian lifestyle for themselves but simply don’t see how it is possible. if that is the case, then meeting their innocent inquirires with hostility can really dampen their spirits.

If somebody comes up and asks you how you get enough protein on a vegan diet, you can either be vague and say that you take supplements or eat the proper fruits or vegetables, or go into great detail. Soy protein is an option for vegans. Tofu, leafy green vegetables like kale and spinach, and several other leafy greens can provide a regular source of protein to our bodies.

A lot of people are afraid of the things that they don’t understand, and because of this it can be very difficult for them to wrap their heads around new ideas. While it can be frustrating at times to meet the same questions over and over again, the protein question is one that can easily be met with patience. A lot of the time it is asked out of genuine concern. How can you possibly be healthy not eating meat?

We are programmed very early on to believe that meat is the best thing for us. We are promised to grow big and strong if we eat what is given to us without question. So if someone is asking you how you get their protein, sometimes what they are really asking is, “how can I be sure that you, as someone I care about, are as healthy as you should be based on this unconventional diet choice?”

If you meet the protein question with that attitude in mind, it may make it less frustrating to hear it on a regular basis. But if it still annoys you, another option is pasting on a smile and telling the person asking that your health is your concern and you are doing everything you need to do to maintain it. That might just be good enough.