

# Sources of protein for vegetarians



I'm often asked how someone who chooses to be vegetarian, or vegan, can get enough protein in their diet.

While that's an important question, I want to start my answer by pointing out that choosing this lifestyle can put you at risk for mineral deficiencies and vitamin deficiencies (like B12 and D). While these are not destined to happen, they are risks, and ones you must control for.

Now, when it comes to protein, think about nuts and seeds. Legumes and soy tend to not end up on my list of best choices, and I'll explain why.

*This article originally appeared on Dr. Perlmutter's website.*