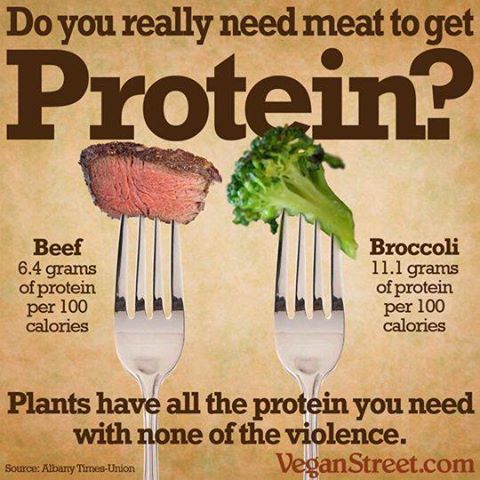
##### Discussion saved here onTuesday 17th February 2017. 1 Day viewings of a Meme Picture on Broccoli versus Flesh steak piece protein comparison. 104 Comments, 1215 Shares. 1.6k LIKES/NOTICED.

##### [Go Vegan Revolution](https://www.facebook.com/goveganrevolution/?ref=page_internal) added a new photo.

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[1.6K Fabiha Bushra and 1.6K others](https://www.facebook.com/ufi/reaction/profile/browser/?ft_ent_identifier=1847500098798959&av=624099130)

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104 Comments

[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) 8 cups of brocoli = 2 cups of flesh meat or plant tempeh/seitan/tofu. Got there ! this picture is misleading. [http://vegan-information.com/Vegan\_Protein\_Where\_do\_you...](https://l.facebook.com/l.php?u=http%3A%2F%2Fvegan-information.com%2FVegan_Protein_Where_do_you_get_your_Protein_from.html&h=ATOOXwvgUwKwTcX2clvTu05dmXQJsNgA7MB1yT_HbHF1oW5mwcPfduLdWLpSS2-ERis9L8LlzKRaLSCj5NP_EIwxWCRSChG78ATSddZX77mRIXgHR6DqAKpeWJOnvaMnANzh-eacSrObPytCgVfr) I did the research and calcuations. Bottom line is ? we are NOT at risk of PROTEIN DEFICIENCY we are FAT ! that is the new problem in the Western World ! and the Wrong sort of FAT ! ...well I managed to finish my WHERE DO I GET MY PROTEIN page. and realised..."With the traditional Western diet, the average American consumes about double the protein her or his body needs." No real danger of a Protein Deficiency ! my daily 2 small packets of peanuts is OUT ! I am getting fat again from too much protein lol ! just did the calculations of some AWEFUL meme used in Go Vegan Revolution discussion yesterday...a big POLEMIQUE of confusion..and I realised...the PICTURE was misleading. In brief...turns out...8 cups of Brocoli to 2 cups of Steak be it Tempeh or Dead Animal is the same amount of protein. So ? we are NOT going to eat 8 cups of Brocoli a day as a norm unless we do a casserole. However ! eating normally, even 1 veganegg sandwich has 10 grams of the 40 grams protein per day average an adult needs ! Our modern problem is...EXCESS protein which turns to FAT rather than Protein Deficiency ! 54 percent of the UK are currently overweight...57percent of Londoners ! and all this EXCESS protein causes major health problems ! so. I was FED UP with lack of even an excel spreadsheet with the list of Foods with Protein grams in sortable descending order...amazing...NO ONE has done one of those ! so I have to do one I have decided

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p)

[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p) and the problem with this BAD meme is...it does not help anyone with practical vision of what is equal or in proportion to what. It does not show HOW MANY GRAMS OF STEAK versus/compared to HOW MANY GRAMS OF BROCOLI are needed to have the 100 calories OR the grams of protein ! so the meme is TOTALLY useless ! bad show !

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Noelle Obcarskas



Write a reply...

[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p)

[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p) to look at that picture...it sure implies the SIZE of how much brocoli one needs to eat compared to the SIZE of a piece of flesh is as per the picture proportions ! TOTALLY MISLEADING !

[Like](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847867478762221&notif_t=like&notif_id=1487318797385974) · [Reply](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847867478762221&notif_t=like&notif_id=1487318797385974) · [13 hrs](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847867838762185&comment_tracking=%7B%22tn%22%3A%22R9%22%7D)

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p) [http://www.pcrm.org/.../how-can-i-get-enough-protein-the...](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.pcrm.org%2Fhealth%2Fdiets%2Fvegdiets%2Fhow-can-i-get-enough-protein-the-protein-myth&h=ATMiqnG6J8BfUjPQxey12rk1s1KIjCo6S0Ugt9nDJVAKX-92lye_helYcfVf1Hnh3dQZVsNZZsSKKpm985Vg87TchXn_rTV3-P1fNHDBn6-3b1we6WGDFMNUDNcA3Q_5d6Tt-afQU73mR1R2kiNw) "With the traditional Western diet, the average American consumes about double the protein her or his body needs."

[Like](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847867478762221&notif_t=like&notif_id=1487318797385974) · [Reply](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847867478762221&notif_t=like&notif_id=1487318797385974) · [17 hrs](https://www.facebook.com/goveganrevolution/photos/a.1678281632387474.1073741828.1678228749059429/1847500098798959/?type=3&comment_id=1847783035437332&comment_tracking=%7B%22tn%22%3A%22R9%22%7D)

[Carl Smuttsi Åhlin](https://www.facebook.com/carl.u.ahlin?fref=ufi&rc=p)

[Carl Smuttsi Åhlin](https://www.facebook.com/carl.u.ahlin?fref=ufi&rc=p) You sure will get enough protein without meat but that picture is very misleading and I don't know why it keeps being posted. 100 calories is a lot of broccoli, more than a normal person would eat. Lentils are a better source of protein.

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[Louis Fitch](https://www.facebook.com/louis.fitch.7?fref=ufi&rc=p)

[Louis Fitch](https://www.facebook.com/louis.fitch.7?fref=ufi&rc=p) Have you seen how much broccoli that actually is? Awful infographic! Also I'm veggie so no bias towards meat!

[Lele Unainai](https://www.facebook.com/ukalele.nouta?fref=ufi&rc=p)

[Lele Unainai](https://www.facebook.com/ukalele.nouta?fref=ufi&rc=p) Exactly.

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Noelle Obcarskas



*Write a reply...*

[Nicky Hunt](https://www.facebook.com/nicky.hunt.10?fref=ufi&rc=p)

[Nicky Hunt](https://www.facebook.com/nicky.hunt.10?fref=ufi&rc=p) 2 big bowls of broccoli vs 3 mouthfuls of steak

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Noelle Obcarskas



*Write a reply...*

[Christine Murphy](https://www.facebook.com/christine.murphy.9210?fref=ufi&rc=p)

[Christine Murphy](https://www.facebook.com/christine.murphy.9210?fref=ufi&rc=p) 3 cups broccoli has about 11.1 gm protein. 3 ounces of meat has 25 grams of protein.

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) good to get realistic comparisons yes. i shall take this meme out of my comparisons/heath examples now ! this any better ?

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?rc=p) pomegranate protein meme but not quantified

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) must look at these memes again...i quantified...a cup of almonds in breakfast cereals could have 35 grams of protein average adequate protein needs of an adult per day

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) oh deary me...i need a special WHERE DO I GET MY PROTEIN page lol...

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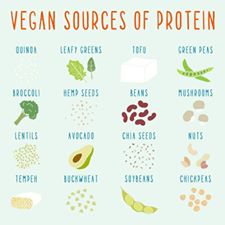
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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) this is far too vague also

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) catn see details on this one..

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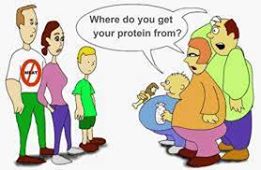
[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) right this is starting point lol...lets get more PRECISE with the numbers hey...this has to be sorted...TODAY ! [David Jack James](https://www.facebook.com/jack.james.31337194?hc_location=ufi) [Hin Chun Chui](https://www.facebook.com/profile.php?id=100012021048198&hc_location=ufi) [Rehana Sara Jomeen](https://www.facebook.com/rehana.jomeen?hc_location=ufi) must go look up Dr [Neal Barnard, M.D.](https://www.facebook.com/NealBarnardMD/?hc_location=ufi) pages...surely we can get to...1 cup of almonds on cereals is 35grams average adult protein needs per day ?

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) Overall...as i just say to anyone so far with this issue..spending all day to get protein needs like a monkey probably does as the last person said to me....I say...the problem today isnt LACK of protein looking at the fat state of you...but TOO MUCH lol

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[Richard Gregory](https://www.facebook.com/richard.gregory.925?fref=ufi&rc=p)

[Richard Gregory](https://www.facebook.com/richard.gregory.925?fref=ufi&rc=p) I like brocoli but have yet to find one that tastes as good as beef..sorry I will eat brocoli but as a side dish with me medium rare T-bone

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[Nicholas Ristigian](https://www.facebook.com/nicholas.ristigian?fref=ufi&rc=p) Have you seen 100 calories of broccoli as opposed to meat.... youd gave to eat so much broccoli as oppose to steak...

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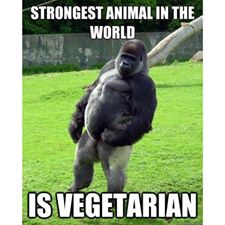
[Bronston Keliipuleole](https://www.facebook.com/bronston.keliipuleole?fref=ufi&rc=p)

[Bronston Keliipuleole](https://www.facebook.com/bronston.keliipuleole?fref=ufi&rc=p) In order to get my daily protein needs, which is 120g according to my charts. I would have to consume around 56 cups of broccoli. Does that have to be raw?

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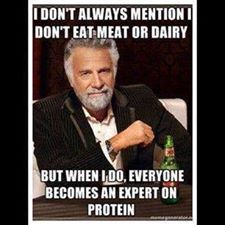
[Istrel Monroy](https://www.facebook.com/iistreloQx?fref=ufi&rc=p)

[Istrel Monroy](https://www.facebook.com/iistreloQx?fref=ufi&rc=p) And is dead:v

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) now i agree...that he is all muscle...but...he spends ALL DAY EATING i was told when i told some FAT HUMAN protein is in plants...so ? we need to quantify the WHERE DO I GET MY PROTEIN issue better...[Hin Chun Chui](https://www.facebook.com/profile.php?id=100012021048198&hc_location=ufi" \t "_blank) [David Jack James](https://www.facebook.com/jack.james.31337194?hc_location=ufi) the fact most westerners are OBESE has escaped their notice ! it is now the new NORMAL ! and they squeel WHERE DO YOU GET YOUR PROTEIN ? ref veganism !

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Noelle Obcarskas



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[Anthony Sinclair](https://www.facebook.com/officialsinkiiboyy?fref=ufi&rc=p)

[Anthony Sinclair](https://www.facebook.com/officialsinkiiboyy?fref=ufi&rc=p) [Stacie Jade](https://www.facebook.com/sjsxx?hc_location=ufi) love a gid chunk q protein. No good for the handbag tha lol

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[Nicky Hunt](https://www.facebook.com/nicky.hunt.10?fref=ufi&rc=p)

[Nicky Hunt](https://www.facebook.com/nicky.hunt.10?fref=ufi&rc=p) i have a problem with this ! steak is 25g protine per 100g meat and broccoli is 2.8g per 100g. so a 3 ounce steak vs 2 whole broccoli.

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[Christy Grenon](https://www.facebook.com/christy.grenon?fref=ufi&rc=p)

[Christy Grenon](https://www.facebook.com/christy.grenon?fref=ufi&rc=p) [Matt Gray](https://www.facebook.com/matthew.gr?hc_location=ufi) I was talking about plant protein earlier, thought this would put it in perspective somewhat

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[Johnny Giannika](https://www.facebook.com/johnny.kotsa?fref=ufi&rc=p)

[Johnny Giannika](https://www.facebook.com/johnny.kotsa?fref=ufi&rc=p) What about vitamin B12 ?   
I need to find that. Can someone help out with some advice ?

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[Deidre Elliott](https://www.facebook.com/deidreamberelliott?fref=ufi&rc=p) Nutritional yeast that's fortified, b12 vitamins, b12 shot. Some foods are fortified with it.

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[Kelvin Ring](https://www.facebook.com/kelvin.ring?fref=ufi&rc=p)

[Kelvin Ring](https://www.facebook.com/kelvin.ring?fref=ufi&rc=p) Vitamin B12 comes from the soil & spring water. If you eat fruit & vegetables from vitamin deficient soil then you should sorce your food better. I've been Vegan for many years & my B12 is fine.

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[Johnny Giannika](https://www.facebook.com/johnny.kotsa?fref=ufi&rc=p) Sweet !

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[Karina Rivadeneira](https://www.facebook.com/karina.rivadeneira.7?fref=ufi&rc=p) Lots of cereals and nuts milk are fortified with B12

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) right well i buy engvita nutritional yeast...turns out it is a deficiency of ALL of us not just vegans.

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) tv is on about deficiency i VITAMIN D right now in the uk...the sunshine one...it never ends !

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) u never get a cold or the flu if you take VITAMIN D supplements tv is saying !

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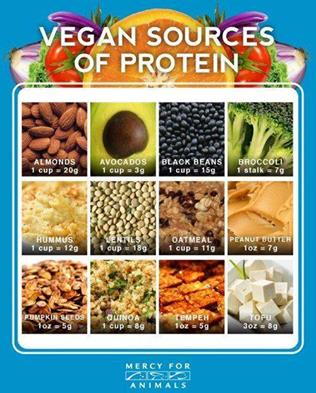
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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) right...this conversation gets put on one of my webpages ! any objections ? a speical WHERE DO I GET MY PROTEIN page...even one added called WHERE DO YOU GET YOUR PROTEIN page ! in this website lol...loads of iinfo memes needed...must take THIS meme OUT or edit it to say...A WHEELBARROW LOAD Of brococoli...but a CUPFUL of ALMOND NUTS on your breakfast cereal ? is what i wrote guessing but needing to get more precise on...[http://vegan-information.com/Health%20Nutritional%20and...](https://l.facebook.com/l.php?u=http%3A%2F%2Fvegan-information.com%2FHealth%2520Nutritional%2520and%2520Medical%2520Reasons%2520Supporting%2520Vegan%2520Diets%2520Foods.html&h=ATN1vfxc-kd64Zi3SFJZw0MHtr0c87Q5b38h442fmJtHwBk_Su1B6BTa72iU5oERQ62-q76UVTlTEEtI0-sVJrivsS9C2At04jMJaXoOdQgdndaa_k49M8eBRyyWI2qlvNX0KQcf5x8FAMeKGHRo)

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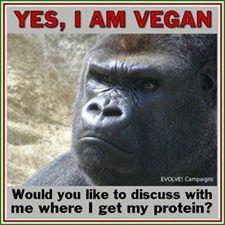
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[Steve Alkire](https://www.facebook.com/salkire?fref=ufi&rc=p) Mmm beef and broccoli, sounds good with some rice https://www.facebook.com/images/emoji.php/v7/f4c/1/16/1f642.png:) lol

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Noelle Obcarskas

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[Felicia Danielle Zapata](https://www.facebook.com/felicia.zapata.9?fref=ufi&rc=p) Yes I Would Love To Win These Cute Brushes... I've Been A Vegetarianism For 5 1/2 Years And This Year I Went Fully Vegan.. Loving It So Far ..

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Noelle Obcarskas

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[Heath Lockett](https://www.facebook.com/heath.lockett.5?fref=ufi&rc=p) Don't see how maccas has anything to do with eating meat. Nothing in those burgers are truly meat!

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[Marie France Migneault](https://www.facebook.com/france.migne?fref=ufi&rc=p) My food bill has reduced since i've become vegan

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Noelle Obcarskas

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[Justin Williams](https://www.facebook.com/justin.williams.119?fref=ufi&rc=p) Yup. Took me 28 years, but I finally figured it out. It was all so obvious the whole time.

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***Comments***

Noelle Obcarskas

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[Andrey Chiranian](https://www.facebook.com/andrey.chiranian?fref=ufi&rc=p) That's not even the tip of the ice berg I've been reading, writing , researching everything on health and nutrition n my knowledge shows proof not even my family or friends are coming close to a healthy varied diet. Falling short in every vitamin n mineral recommended amounts, lots of foods including entire food groups being neglected

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[Andrey Chiranian](https://www.facebook.com/andrey.chiranian?fref=ufi&rc=p) Look them up individually and the gov has recommended amounts. Or just ask for recommended amounts for vitamins and minerals

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[Courteney Clark](https://www.facebook.com/courteney.clark.372?fref=ufi&rc=p) What are the recommended amounts?

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[Noelle Obcarskas](https://www.facebook.com/noelle.obcarskas?fref=ufi&rc=p) good question. i am FED Up now of all these EAT 5 OF THIS OR THAT a day gov guidelines on food...with NO details of HOW MANY VITAMINS those oranges etc have ! turns out...a tomato has 5 times LESS nutrients in it today than 40 years ago due to crap gmo etc !!! so ? needs sorting !