

**Ms Nupur Agarrwal, Manager of Nutrition Science, ITC Foods Division presented on  
'Plant-Based Protein'.**

She outlined the importance of plant-based proteins in the context of current food systems and their environmental impact, particularly in India emphasising the need for a shift towards sustainable and healthier diets with the benefits of incorporating vegetables, fruits, beans, peas, lentils, and cereals into daily meals. Further discussed the current protein scenario in India, noting that many Indians are unaware of vegetarian protein sources and often believe that staples like roti, dal, and rice are sufficient for their protein needs. Ms Agarrwal cited studies showing that many Indians face poor muscle health and low protein levels. She explained the importance of proteins, recommending that 10-15% of daily energy intake should come from them. She compared plant and animal proteins, noting that while animal proteins are generally of higher quality, certain plant proteins, like soy, can provide a balanced amino acid profile when combined properly. She encouraged everyone to incorporate plant-based foods, such as whole grains, beans, lentils, nuts, and seeds, to effectively meet their daily protein needs.

