

# Nutritional OUTLOOK

## Plant protein: No plateau in sight?

Kimberly J. Decker

January 7, 2020



### Bumps in the Road

None of this is to say it's all smooth sailing for plant proteins.

From a technical standpoint, Shaheen Majeed, president worldwide, Sabinsa (East Windsor, NJ), cautions that "although plants are a readily available raw material for protein extraction, they have the disadvantage of less protein yield." That's partly because fat in plant seeds suppresses protein extraction. Further, the rigid cellulose wall protecting plant cells "has to be broken down before the protein can be obtained, and this requires energy and time," Majeed adds. What's more, the whole process must proceed under cold conditions to dampen the activity of protease enzymes that can digest the very plant proteins processors are trying to extract.