

# Consumption Pattern of Plant-based Foods Rich in Protein: A Review

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## ABSTRACT

**Introduction:** People are switching to plant-based diets because they provide both health advantages and environmental responsibility benefits. Mostly, consumers show rising interest in plant-based food products and protein alternatives. Businesses, together with consumers and nutrition professionals, increasingly demonstrate their interest in alternative plant-based foods and protein alternatives. Protein consumption affects muscle performance and immune system response and overall body wellness.

**Aim:** The review examines multiple studies on dietary protein consumption and the growing preference for plant-based alternatives. It also highlights opportunities and barriers in promoting plant-based diets.

**Materials and Methods:** The review evaluated research on plant-based protein market patterns and human reactions, as well as protein-based nutritional information. Researchers compared the findings to recognise repetitive addition to determine areas where current knowledge needs improvement.

**Results:** This review shows the data of 12 screened studies and the inclusion of five research studies that have similar criteria to

this review's parameters. Researchers have discovered that young adults between the ages of 19-40 years show clear relationships between their economic position and how well they eat through assessments of their protein consumption. Only high-income individuals have access to better-quality protein consumption than that of low-income individuals. In India, the number of people who consume plant-based nutrition continues to rise. The buying choices shift to wellness and eco-friendly and ethical considerations.

**Conclusion:** The overview indicates that eating plant-based foods generate both exceptional health advantages combined with environmental sustainability benefits. Factors that affect plant-based diet adoption include price points, along with dietary health issues and marketplace options and consumer popularity. The research proves people must follow balanced protein diets while they learn about nutrition and help implement policies. Plant-based alternative food systems address worldwide nutritional problems through a sustainable health-oriented dietary choices that are highly effective for the future society.

**Keywords:** Consumer perception, Food innovation, Nutrition, Plant-based diet, Plant protein, Sustainability

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