PLANT-BASED PROTEINS: SUSTAINABLE, AFFORDABLE AND PRACTICAL

DEMAND FOR PLANT-BASED PROTEIN PRODUCTS HAS GROWN DUE TO...

- perceived health benefits
- improved environmental sustainability
- desire to decrease saturated fat consumption
- ethical consideration for animals

WHAT ARE THE FACTS?

- Plant proteins can decrease your risk of developing chronic diseases like Type 2 Diabetes.
- Plant-based proteins have higher amounts of fiber which can aid your digestive health.
- Consuming more plant proteins can lower cholesterol and glucose in people with Type 2 Diabetes.
- Plant protein production results in less Co2 emissions and water usage than the production of animal proteins.

ARE PLANT-BASED PROTEINS RIGHT FOR ME?

There are no “one size fits all” recommendations when it comes to nutrition. However, you may benefit from consuming more plant-based proteins if...

1. Your current diet is lacking in protein due to distaste for most animal proteins.
2. You are looking to save money when purchasing protein-based foods.
3. Your doctor recommends that you limit consumption of saturated fats found in animal proteins due to a health condition.

3 WAYS YOU CAN INCORPORATE PLANT-BASED PROTEINS INTO YOUR DIET

1. Meatless Mondays. Try going “meatless” one day per week by substituting animal proteins with plant-based proteins for every meal.
2. Plan ahead. Before going shopping, make a list of the plant proteins that will be the star of your meals. Are you making lentil tacos instead of chicken? Black bean burgers instead of beef patties?
3. Swap milks. Instead of cow’s milk, try a plant-based milk that’s higher in protein like soy, pea or oat milk.

COMMON SOURCES OF PLANT-BASED PROTEINS

- TOFU
- CHICKPEAS
- PEAS
- LENTILS
- TEMPEH
- NUTS
- CHIA SEEDS
- SOY MILK
- EDAMAME
- HEMP SEEDS
- BEANS
- CHICKPEA OR WHOLE WHEAT PASTA