

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

Plant proteins can **decrease your risk** of developing chronic diseases like Type 2 Diabetes.

The majority of plant-based proteins are more **cost-effective** to produce and **cheaper** to purchase than meat-based proteins.

Plant-based proteins have **higher amounts of fiber** which can aid your digestive health.

WHAT ARE THE FACTS?

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.

COMMON SOURCES OF PLANT-BASED PROTEINS



TOFU



CHICKPEAS



PEAS



BEANS



LENTILS



TEMPEH



NUTS



CHIA SEEDS



CHICKPEA OR WHOLE WHEAT PASTA



SOY MILK

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.