

DISCOVER THE POWER OF **Plant-Based Protein!**

WHY CHOOSE PLANT-BASED PROTEIN SOURCES?

Incorporating plant-based proteins into your diet can lead to **improved heart health, reduced diabetes risk, and better weight management.** They are also environmentally friendly and sustainable, offering a **healthier alternative** for both you and the planet.¹



HOW MUCH PROTEIN DO I NEED?

The National Academics of Medicine recommends that adults get **just over 7 grams of protein for every 20 pounds of body weight.**²

IF I DON'T EAT MEAT, CAN I GET ENOUGH PROTEIN?

Yes! You can get enough protein as long as the variety and amounts of foods selected are adequate.³ Check out the next page for examples of plant foods that are rich in protein!



1. Harvard T.H. Chan School of Public Health. <https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/>
2. National Academies of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients).
3. USDA My Plate. <https://www.myplate.gov/eat-healthy/protein-foods>

Discover the Power of Plant-Based Protein!

PLANT PROTEIN	GRAMS OF PROTEIN
4 oz seitan	36 g
3 oz tempeh	18 g
6 oz extra firm tofu	18 g
1 cup shelled edamame	18 g
1 cup cooked lentils	16 g
1 cup cooked black beans	14 g
2 oz uncooked red lentil pasta	14 g
1 cup cooked garbanzo beans	12 g
2 oz uncooked chickpea pasta	11 g
3 tablespoons hemp seeds	10 g
1 cup cooked amaranth	9 g
1 cup cooked quinoa	8 g

PLANT PROTEIN	GRAMS OF PROTEIN
1/4 cup pumpkin seeds (pepitas)	8 g
1 cup cooked peas	8 g
3 tablespoons peanuts	7 g
1 cup soymilk	7 g
2 tablespoons smooth peanut butter	7 g
1/4 cup almonds	6 g
2 tablespoons tahini	5 g
1/2 cup uncooked oatmeal	5 g
2 tablespoons nutritional yeast	4 g
1/4 cup hummus	4 g
2 tablespoons chia seeds	4 g