



# Protein From PLANTS

## What is Protein?

- Essential nutrient used to build body tissue like bones and muscle
- Repairs cut, scrapes, bruises, breaks
- Strengthens immune system
- Comes from the food we eat

## Plant Sources of Protein:

- **Beans and legumes:** black, white, red, pinto, lima beans, lentils, chickpeas, green peas
- **Seeds:** sunflower, pumpkin, chia, flax
- **Nuts:** peanuts, peanut butter, cashews, almonds, walnuts
- **Whole grains:** brown rice, oatmeal, buckwheat, barley, whole grain bread
- **Vegetables:** spinach, potatoes, broccoli, Brussels sprouts
- **Soy:** soy milk, edamame, tofu

## Why Choose Plants?

- Less expensive than animal protein
- More nutrition at a lower price
- Provides fiber, vitamins, minerals
- Low in calories and saturated fat
- Good for the environment: raising meat uses more water and fuel than growing vegetables

## How Much Do I Need?

- **.8 grams of protein for 1 kilogram of bodyweight (1 kilogram= 2.2 pounds)**

### Example...

- **150 pounds= 68 kg**  
**68 x .8= 55 grams of protein daily**
- **1 serving of beans is 1/3 cup cooked (size of a lightbulb)**
- **1 serving nuts/seeds is 2 tablespoons or 1/4 cup (size of golf ball)**
- **1 serving whole grains is 1/2 cup cooked or 1 slice of whole wheat bread**

## Easy Plant-Based Protein Ideas:

- Peanut butter on whole grain toast
- Add beans to salads, soups, and sauces
- Mix nuts, seeds, and dried fruit together for a healthy snack mix
- Try going "meat-less" once a week