

PLANT-BASED PROTEINS

For Long-term Health



WHY START WITH PROTEIN?

Focusing on more plant foods is one way to support long-term health.

A simple place to start is with protein.

EASY SWAPS



Ground meat



Black beans or lentils



Chicken salad



Chickpea salad



Meat stir-fry



Tofu stir-fry



Beef tacos



Bean tacos



SOURCES OF PLANT PROTEIN



BEANS



Examples include:

- Black beans
- Kidney beans
- Pinto beans
- Chickpeas

LENTILS



Examples include:

- Brown
- Green
- Red
- French

SOY FOODS



Examples include:

- Tofu
- Tempeh
- Edamame
- Soy milk

NUTS



Examples include:

- Almonds
- Walnuts
- Pistachios
- Peanuts

SEEDS



Examples include:

- Chia
- Hemp
- Pumpkin
- Sunflower

WHOLE GRAINS



Examples include:

- Brown rice
- Oats
- Quinoa
- Whole wheat

REMEMBER

You don't have to change everything at once.
Start with one simple swap each week and build from there.