

MYTH: You need to eat animal protein to meet your protein needs.

FACT: Plants foods such as beans, lentils, nuts, whole grains, and veggies provide ample protein, as well as fiber and other essential vitamins, minerals, and phytochemicals not found in animal products such as meat, fish, poultry, eggs, and dairy.

PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g
Red Lentils
boiled, 1 cup



17g
Edamame
boiled, 1 cup



15g
Black Beans
cooked, 1 cup



6 g
Almonds
1 oz



5 g
Peas
cooked, 1 cup



5 g
Baked Potato
1 medium



5 g
Spinach
boiled, 1 cup



ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6 g
Egg
cooked, 1



20g
Salmon
cooked, 3 oz



25g
Steak
cooked, 3 oz



25g
Chicken
cooked, 3 oz



Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.



Source: USDA Nutrient Analysis Database