Plants Can Be Protein Too

Tired of always eating chicken as your main protein source? At your next meal, consider swapping it for nutritious plant-based sources of protein to add variety to your diet. More than 50% of Americans over the age of one are currently meeting or exceeding their protein recommendation. Many plant sources contain sufficient amounts of protein that can help you meet your daily requirement. The power of plants has been getting attention due to their sustainability and health benefits. A plant forward diet can be adopted by anyone, you do not have to be a vegetarian or vegan.

Benefits of Consuming Plant Proetins:
- Cost effective, environmentally sustainable,
- decreased saturated fat intake,
- increased fiber intake,
- may reduce risk of diabetes, obesity,
- heart disease, and cancer

Meal and Snack Ideas:
- Spread peanut butter on a whole wheat bagel instead of cream cheese
- Add mixed nuts or tofu to a salad instead of grilled chicken
- Build a burrito bowl with tofu, quinoa, and beans, and a variety of vegetables
- Try the Scarlet Knight burger (50/50 beef and mushrooms)
- Dip raw veggies into hummus
- Pack mixed nuts or seeds as a snack between meals
- Move nuts and legumes to the center of the plate
- Use poultry and eggs in moderation
- Choose red meat less often
- Make produce the focal point of your plate

Plant Protein Sources:
- Nuts, beans, lentils, seeds,
- whole grains, tofu, and edamame

Menus of Change Tips:
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Take a leaf of faith!

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.